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FAILING TO
SPARK BUZZ {page 14}



OTTAWA

metro®

Monday, October 31, 2011
www.metronews.ca



News worth sharing.



BMO. Boolathon

► Two-and-a-half-year-old Emile Vineberg of Ottawa grins after tossing a bowling ball down the lane at the BMO Boolathon benefit for Kids Help Phone at the Walkley Bowl yesterday.

SEAN MCKIBBON/METRO

Rolling strikes for crisis line

Dozens of teams from local BMO branches and other businesses gathered for a costumed bowling tournament to benefit the crisis line, which gives young people across Canada 24-7 access to counsellors. Some 2.6 million calls were made to the 1-800-668-6868 phone number last year.

Public budget meeting not likely a big draw

► First budget consultation meeting tomorrow, 7 p.m. at the Shenkman Arts Centre ► West, South and central areas to hold meetings this week

If you want to tell the city how to spend your tax dollars next year, now is your chance to speak up — but citizens and councillors alike say they aren't expecting huge turnouts at the budget consultations this week.

One citizen group says the meetings are inaccessible, while another says they won't be effective in convincing councillors to make major changes to the budget draft, tabled Wednesday.

Councillors Tim Tierney and Rainer Bloess, who will be at the East End meeting tomorrow night, said they don't think there will be a crowd, because people are generally happy with the draft budget.

Federation of Citizens Associations spokesperson James O'Grady said the budget meetings are at

inconvenient times, are too soon for residents to have had a chance to study it and are too far away for many residents to attend.

Bloess said there are many other ways to get your views on the budget heard — including filling out a form on the city's website, contacting your councillor directly or attending any of the smaller meetings councillors hold for their ward residents.

The Ottawa Taxpayer Advocacy Group — usually a low-tax, anti-debt voice at meetings — is not going to make a formal presentation this year, said municipal finance critic Mike Maguire. He says he believes a presentation wouldn't convince council to make significant changes or decide to borrow less money. Still, he said he did

"There may be some spectacle involved in going to the meetings. But, really, to what end? What is the purpose of this?"

MIKE MAGUIRE OF ONTARIO
TAXPAYER ADVOCACY GROUP

submit comments via the city website and spoke with his ward councillor. Bloess said councillors are listening and if enough people say they're concerned about the tax rate and debt, the budget will be changed.

"If that's a repeated message we get from people, it sends us back to the drawing board, but that's not really what we're hearing," he said.

● JESSICA SMITH



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1 news



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On the web at
metronews.ca

The recent agreement on the EU's plans to bail out Greece promises to have the expected warming effect on the markets. Video at metronews.ca



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Halloween makeup paints frightful picture for kids

JOE LOFARO/METRO

- Study shows many face paints are laced with lead and other toxins
- Experts recommend natural, homemade alternatives



JOE LOFARO
@METRONEWS.CA

Some parents may think the ghost-white makeup they slather on their kids' faces this Halloween night is safe because of the "non-toxic" label on the package.

Think again, says John Bennett.

Bennett, executive director of Sierra Club Canada, says many makeup products that claim to be non-toxic contain heavy metals such as lead. That shocking revelation is highlighted in a 2009 report titled *Pretty Scary: Could Halloween Face Paint Cause Lifelong Health Problems?* by the U.S.-based Campaign for Safer Cosmetics.

Ten out of 10 face-paint products tested contained lead, which can harm children's developing brains, the report said. Six out of 10 contained nickel, cobalt and/or chromium at higher-than-recommended levels.

"We wanted to make sure parents understand what they might be putting on their children's faces and give them an opportunity to do the alternative — to make their

own or find other ways of dressing children without resorting to these chemically laced makeups," Bennett says.

He suggests parents visit safecosmetics.org to learn about natural, homemade makeup recipes. For example, to get brown makeup, the website recommends mixing chocolate sauce into a cocoa-butter base.

Blane Holtz, manager of Ottawa's Malabar Costume House, says he sells only premium makeup such as Kryolan from Germany and Ben Nye from the U.S.

"I don't carry basic Halloween cheap made-in-China makeup," he says. "I stay away from that. You have no idea what's in it. I wouldn't let a kid put a lead product on their face."

Neither will Oresta Korbutiak, an esthetician who runs Oresta Organic Skin Care in Ottawa. She plans to dress her seven-year-old daughter, Kalyna, in a dog costume with only a touch of natural makeup.

"Some people may say you only wear it once ... but it's the bottom of the barrel on the list of ingredients," Korbutiak says.

"I won't put it on my daughter."



► Metro reporter Joe Lofaro opted for the cheapest non-toxic makeup he could find at a specialty Halloween store when he put this zipper face look together for a party Saturday night.

Consumers in dark about ingredients

Several makeup products on store shelves this Halloween season lack lists of ingredients, so consumers are in the dark as to what, exactly, is in them.

Sierra Club Canada is trying to change that.

"Health Canada doesn't require full labelling, and the toxic chemicals in

makeup in general — not just for face paint — are considered proprietary information. So we can't see what toxic materials are actually in them," says John Bennett, Sierra Club Canada executive director. "We think, ultimately, this is something Health Canada should take up and require full labelling of all the ingredients."

Bennett says his group has been lobbying and consulting with Health Canada for more than a

decade to get detailed ingredients listed on products such as cosmetics and genetically modified foods. He doesn't believe there would be an economic tradeoff if all companies were required to list their ingredients.

"We need to have a system in which the public has the full information to make the choice."

Health Canada could not be reached for comment.

● JOE LOFARO



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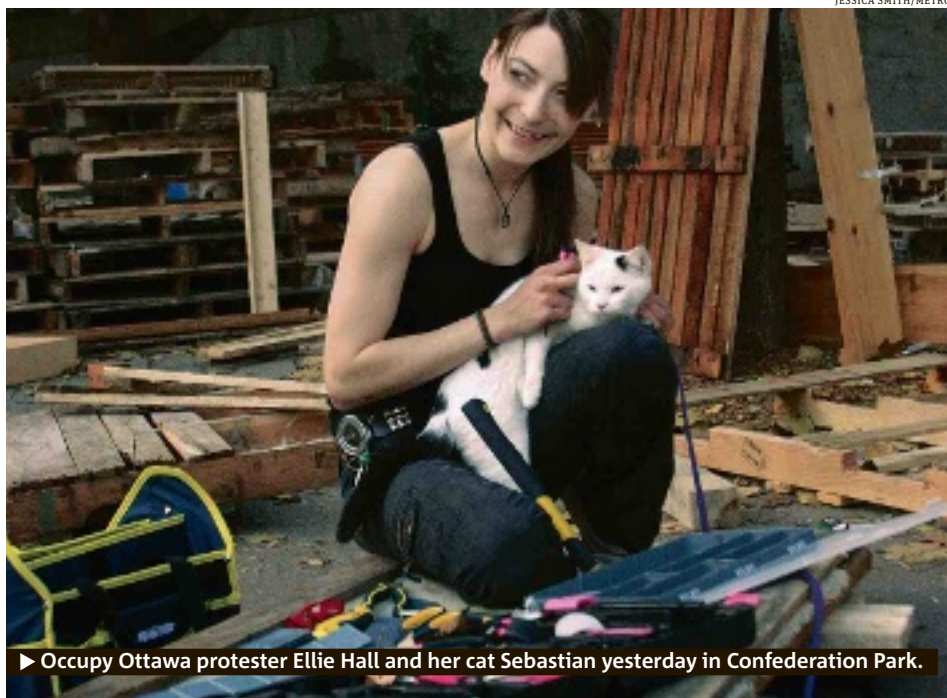
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JESSICA SMITH/METRO



► Occupy Ottawa protester Ellie Hall and her cat Sebastian yesterday in Confederation Park.

Occupy protesters prepare for winter

► Chilly overnight-weekend temperatures a taste of what's to come ► One protester unfazed by weather

JESSICA SMITH
@METRONEWS.CA

Occupy Ottawa protesters are preparing for the winter after the temperature dipped below zero over the weekend.

So far the cold weather hasn't been too bad, said Ellie Hall, who seemed comfortable in her tank top as she hammered together a cot out of salvaged packing crates and carpet yesterday in Confederation Park.

"I'm from

10/15

**Oct. 15 is the date
Occupy Ottawa
protesters began
camping out in
Confederation Park.**

Saskatchewan, originally," she said. "Saskatchewan weather, it's horrible, brutal."

Hall said the cots will keep people warm by keeping them off the ground at

night. She also plans to help build a couch and elevated platforms that will help people access the kitchen when it snows.

The tents with tarps and a rented heater are also keeping people warm, she said.

Hall came to Ottawa about five weeks ago from Edmonton with her cat, Sebastian.

"I love it," she said. "I like what they're doing here. Everything about it is making a better community."

JIM DURRELL

Ex-mayor to receive lifetime award

Former Ottawa mayor and past president of the Ottawa Senators Jim Durrell will receive the first-ever lifetime achievement award from the Ottawa Chamber of Commerce at a gala next month.

The organization credited his work on the Ottawa Convention Centre,

business experience and "his sporting legacy," for his selection as the guest of honour at the award ceremony on Dec. 1.

"I am flattered and honoured to accept," Durrell said in a press release. "This is a great honour. I care deeply about Ottawa and her future. It's been nice to, in some way, help shape that future."

Schinnerer Group president Jean Laurin will name CEO of the Year, and winners will be announced in six other categories at the Business Achievement Awards gala. ● METRO

Man crushed by truck part

A 57-year-old man was sent to a hospital trauma centre after the transmission from the truck he was working on fell on his chest yesterday afternoon on Prince Albert Street in Vanier.

The truck then rolled on his legs, causing severe chest and lower-limb injuries. Paramedics said police are investigating.

● METRO

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MONDAY, OCTOBER 31, 2011

Warming skeptic changes his tune

► Study of world's surface temperatures took two years ► Was bankrolled by global-warming deniers

A prominent physicist and skeptic of global warming spent two years trying to find out if mainstream climate scientists were wrong. In the end, he determined they were right: Temperatures really are rising rapidly.

Richard Muller pursued long-held skeptic theories in analyzing the data. He was spurred to action because of "Climategate," a British scandal involving hacked emails of scientists.

1 C

Degrees that the study says the temperature of the world has risen since the 1950s.

Yet he found that the land is 1 degree Celsius warmer than in the 1950s. Those numbers from Muller, who works at the University of California, Berkeley, and Lawrence

Berkeley National Lab, match those by the National Oceanic and Atmospheric Administration and NASA.

He said he went even further back, studying readings from Benjamin Franklin and Thomas Jefferson. His ultimate finding of a warming world, to be presented at a conference today, is no different from what mainstream climate scientists have been saying for decades.

THE ASSOCIATED PRESS

Thailand. Floods



► A police officer stands in the middle of a road as he warns people of rising water levels in a flooded neighbourhood in Bangkok yesterday.

ALTAF QADRI/THE ASSOCIATED PRESS

Flooding the worst in 50 years

The dikes in Bangkok overflowed in at least two places as coastal high tides pushed up the main river from the Gulf of Thailand, with water spilling into streets as city workers and troops shored up concrete walls with sandbags.

Feds were warned of hackers

Canada's spy agency warned the federal government they were under assault from hackers just weeks before an attack crippled computers.

The newly released assessment sounded the alarm about fake emails that shut down networks two months later.

THE CANADIAN PRESS

Afghan mission a risk: PM

There is no way for Canadian soldiers to work in Afghanistan without "significant risks," Prime Minister Stephen Harper said yesterday in the wake of the death of a soldier.

With the combat mission over, Canada will remain in the country to train until 2014.

THE CANADIAN PRESS

Pundit dubs Ford the worst

A firestorm over a 911 call peppered with expletives has earned Toronto's embattled mayor Rob Ford a dubious honour south of the border.

U.S. political commentator Keith Olbermann called the mayor the "worst person in the world" on his Friday show.

THE CANADIAN PRESS

Afghans bowl in war-torn Kabul

► Entrance to alley behind blast-resistant steel doors
► 'Afghanistan needed a place like this': Owner

In an Afghan capital scarred by years of war, a young Afghan woman has bet \$1 million US that her countrymen could use a little fun.

Located just down the street from Kabul's glitziest mall is The Strikers, the country's first bowling alley and owner Meena Rahmani's gamble on the capital's newest entertainment venue.

But more than a place for family fun in a city largely devoid of options, the 12-lane centre stands as a reflection of both the country's hope for the future and the challenge of securing one even as NATO's fight against the Tal-



► Meena Rahmani, 26, owner of The Strikers.

iban enters its 11th year.

Aside from the cultural significance of such a centre, building the bowling alley was a massive undertaking.

All the equipment is imported, the engineers came

from China and the alley is powered by several industrial-sized generators. Its entrance sits behind blast-resistant steel doors guarded by burly men toting AK-47 assault rifles.

"This was a huge project," said Rahmani, but "we were committed to it."

In a country where restaurants frequented by wealthier Afghans and Westerners require patrons to check their guns at the door, bowlers get frisked by security before entering the building. It's not without reason — a nearby shopping mall was hit twice by insurgent attacks since it opened in 2005.

THE ASSOCIATED PRESS



Flocking. Downtown

► A shepherd leads a flock of sheep along a downtown street yesterday during an annual parade in Madrid.

ARTURO RODRIGUEZ/THE ASSOCIATED PRESS

Shepherd's not sheepish about march

Spanish shepherds led about 5,000 sheep through the streets of Madrid yesterday in defence of ancient grazing, migration and droving rights threatened by urban sprawl and man-made frontiers.

China cop arrested in fatal crash

A police officer was suspected of driving a police van drunk and killing five people when a vehicle

knocked over two lamp poles, crushing people below in central China.

Angry crowds smashed

and flipped police cars in the latest burst of public anger against authorities.

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► Jay Ericson clears snow off branches weighing down on power lines at his home in Glastonbury, Conn., yesterday, following a snowstorm a day earlier.

U.S. Northeast in recovery mode

► Heavy snow blankets states ► Blamed for at least nine deaths ► Millions remain without power

Millions of people in the U.S. Northeast were without power as an unseasonably early storm dumped heavy, wet snow over the weekend on a region more used to gaping at leaves in October than shovelling snow.

The snow was due to stop falling in the northeastern New England states late yesterday, but it could be days before many of the more than three million without electricity see it restored, officials warned.

At least nine deaths were blamed on the weather, and states of emergency were declared in New Jersey, Connecticut, Massachusetts and parts of New York.

The storm worsened as it moved north, and communities in western Massachusetts were among the hardest hit. Snowfall

750K^{The}
750,000
 who lost power in Connecticut broke a record for the state that was set when the remnants of Hurricane Irene hit the state in August. People could be without electricity for as long as a week, Gov. Dannel P. Malloy said.

totals topped 68.6 centimetres in Plainfield, and nearby Windsor had received 66 centimetres by early yesterday.

Compounding the storm's impact were still-leafy trees, which gave the snow something to hang onto, and which thus put tremendous weight on branches, said National Weather Service spokesman Chris Vaccaro. That led to limbs breaking off and contributed to

the widespread power outages.

Some inland towns got more than 30 centimetres of snow. West Milford, N.J., about 72 kilometres northwest of New York City, saw 48 centimetres by early yesterday.

New Jersey's largest electric and gas utility, PSE&G, warned customers to prepare for "potentially lengthy outages" and advised power might not be fully restored until Wednesday. More than 600,000 lost electricity in the state, including Gov. Chris Christie.

October snowfall is rare in New York, and Saturday marked just the fourth October day with measurable snowfall in Central Park since record-keeping began 135 years ago, the National Weather Service said.

THE ASSOCIATED PRESS

JESSICA HILL/THE ASSOCIATED PRESS



ROBERT F. BUKATY/THE ASSOCIATED PRESS



► A snowman stands at the entrance to an Occupy Maine protesters camp in Portland yesterday.

Occupy Snow

Parts of New York saw a mix of snow, rain and slush that made for sheer misery at the Occupy Wall Street encampment in New York City, where drenched protesters hunkered down in tents and under tarps.

► Technically, tents are banned in the park, but protesters say authorities have been looking the other way, even despite a crackdown on generators

that were keeping them warm.

- Nick Lemmin, 25, of Brooklyn, was spending his first night at the encampment. He was one of a handful of protesters still at the park early yesterday.
- "I had to come out and support," he said. "The underlying importance of this is such that you have to weather the cold."
- "I'm not much good to this movement if I'm shivering," Adash Daniel said as he left the park.

ROBERT F. BUKATY/THE ASSOCIATED PRESS



CANADA ALSO HIT

Power was out to about 35,000 customers in Nova Scotia last night as the storm made its way into the Maritimes as mostly rain whipped by high winds.

Nova Scotia Power reported outages throughout the province as winds gusting to 100 kilometres an hour brought down tree limbs and power lines.

Heavy rain soaked much of the Maritimes while snow fell in parts of New Brunswick as far south as Saint John.

RCMP in eastern Prince Edward Island said a driver was killed early yesterday and that road conditions were a factor.

THE CANADIAN PRESS

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ENDANGERED SPECIES

Panel inquiry may limit access to prized catch

Huge chinook salmon are the most prized catch on the Pacific coast for fishermen on both sides of the Canada-U.S. border, but they may soon have

to share the bounty if a scientific panel links chinook and the survival of endangered southern resident killer whales.

Dozens of studies and reports must be analyzed before a decision is made at the end of 2012. Studies indicate there's a link between poor survival of southern residents and low chinook abundance.

THE CANADIAN PRESS

Kodak playing catch-up by plugging into patents

◆ Company had \$957 million in cash in June, down from \$1.6 billion in January ◆ Nearly \$3 billion in patent-licensing fees garnered over 3 years

DAVID DUPREY/THE ASSOCIATED PRESS FILE

Picture this: Kodak — the company that invented the first digital camera in 1975, and developed the photo technology inside most cell-phones and digital devices — is in the midst of the worst crisis in its 131-year history.

Eastman Kodak Co. is betting that a big cash infusion from the sale of 1,100 digital-imaging inventions will see it through a transition that has raised the spectre of bankruptcy.

Kodak popularized photography over a century ago. It marketed the world's first flexible roll film in 1888 and transformed picture-taking into a mass commodity with the \$1 Brownie camera in 1900. But for too long it stayed firmly focused on its 20th-century cash cow, and failed to capitalize quickly on its new-wave know-how in digital photography.

Kodak has been playing catch-up. Pummelled by Wall Street over its dwindling cash reserves — and its attempts to reinvent itself with digital imaging and printing — Kodak has been hawking the digital patents since July. "One thing I would stress is: It is our intention to retain a licence to any of the intellectual property we sell," says Kodak spokesman Gerard Meuchner. "It's like you sell the property but still get to live in the house."

Many financial analysts




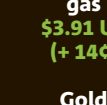


► Kodak headquarters is shown in Rochester, N.Y., on Oct. 3.

foresee the portfolio fetching \$2 billion to \$3 billion. But others think Kodak can haul in far more than that. That's because patents have become highly valuable to digital-device makers who want to protect themselves from intellectual property lawsuits.

"There is an all-out nuclear war right now for global dominance in smartphones, tablets and mobile devices, and Kodak has one of the largest caches of weapons sitting there," concurs Christopher Marlett, chief executive of investment bank MDB Capital.

Market moment

TSX	Dollar	Oil	Natural gas
			
+ 54.07 (12,519.51)	- 0.06¢ (100.82¢ US)	- \$0.64 US (\$93.32 US)	\$3.91 US (+ 14¢)
			Gold \$1,747.20 US (- \$0.50)

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Even a hefty return, skeptics counter, won't solve Kodak's struggle to close out a nearly decade-long transformation and return to profitability in 2012 after running up losses in six of the last seven years.

"All the extra cash does is give you a lifeline for a short period. And then, poof, you're back in the same position without the assets to sell," says analyst Shannon Cross of Cross Research. **THE ASSOCIATED PRESS**

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It seems we really, kinda, sorta like Jim Watson. (OK — 66 per cent of us, plus or minus 4.9 per cent, nineteen times out of twenty.)

This according to a survey of public approval ratings for Canada's fifteen big-city mayors by Forum Research, which rated Watson the fifth most popular, behind Mississauga's Hazel McCallion (78 per cent approval), Calgary's Naheed Nenshi (76 per cent), Quebec City's Régis Labeaume (74 per cent) and Surrey's Diane Watts (68 per cent).

Toronto's Mayor Rob Ford, elected at the same time as Watson with a similar share of the vote (47 per cent for Rob, 49 per cent for Jim), lands second-last on the survey with 37 per cent support. His unpopularity is trumped only by that of Gerald Tremblay, mayor of Montreal (32 per cent), where collapsing overpasses and allegations of private-public partnerships with organized crime and

construction firms have left nobody looking good.

So what? you might ask. There's more to governing than popularity. That's entirely true, but try winning office or getting anything done there without it. Last week might serve as an illustration of elected life at 37 per cent and 66 per cent approval, respectively.

Ford spent much of the week half-apologizing for and half-arguing over which particular profanities he spewed at a 911 operator as he called the cops on a camera crew from This Hour Has 22 Minutes. Ford Nation's never dull.

Meanwhile, Watson was basking in fairly warm applause for a draft budget that proposes to raise everyone's property taxes 2.39 per cent, a moderate kick in

the ankle, announced well in advance, instead of a surprise impact higher up.

The lesson of his predecessor Larry O'Brien, who loudly pledged to freeze those rates and then conspicuously failed to deliver, is seemingly well learned. A proudly dull Watson likes to borrow Holiday Inn's motto: "No surprises."

If managing expectations is a key to Watson's appeal, he also cultivates allies by sharing credit with them. In last week's budget speech, as in last year's, he managed to name-check all 23 of his city council colleagues, tying their names to specific achievements and plans, plus numerous shoutouts to senior staff.

Watson's sunny ways aside, only 47 per cent of respondents to the mayoral survey said they'd re-elect him, placing him second in a hypothetical election against "Someone Else," who would get 53 per cent of the vote.

Until Someone Else comes along, though, the like affair with Mayor Watson continues.



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metropolitanpanel.ca
and take the quick poll

New tattooed Barbie: bad influence or badass?

72%

BADASS



28%

BAD INFLUENCE

Letters

OC TRANSPO. Dissatisfaction, anger and frustration over OC Transpo's "network optimization" will cost the city much more in the long run. The truth is very clear: OC Transpo is generating an increasingly angry ridership and an even angrier citizenry, and it does not look like the city is bowing to pressure any time soon.

The infamous Sept. 4 changes brought about the largest service adjustment in OC Transpo's history since the opening of the Transitway in 1983. The purpose of the change was to remove inefficiencies in the network by combining, removing, or creating new routes and service where needed in order to save the city approximately \$20 million. What followed could easily be the best proof that planners at OC Transpo, city councillors and the mayor do not use the system on a daily basis, if at all. There are overcrowded buses, people left behind at stops, unreliability, lateness, increased driver stress, public frustration, anger and opposition, all on a daily basis.

WILSON LO
OTTAWA

Local tweets



► **@jacremes:** Tao.ca is also where I got my favorite joke:

Why do #anarchists only drink herbal tea? Because proper tea is theft!

► **@Dntgiveup1:** more experience harassing women perhaps

► **@jessador:** I'm exhausted by 9:30pm. Is this what being old feels like?

► **@tami_jephrie:** the poor die young - in time

► **@joenaufal:** We did the

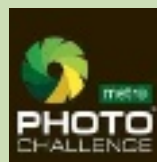
mash, we did the monster mash!

► **@ottawasearching:** @D_Copperfield I wish could be there for Halloween; favorite holiday and favorite performer. Will be there on the 4th though!

► **@karennaboychuk:** RT @NHL_Sens: That's first career NHL goal for Kaspars Daugavins of #Sens.

► **@rsgavin:** And Dean Brown gives the #Sens the kiss of death saying they haven't list a game when leading after 2 periods - #STFU-Dean

photo of the day



► This photo titled **I Really Don't Like You**, was submitted to the Moments of my Life category by vinny from Quebec.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Even if you sell it, they will still come

The sprawling eastern Iowa cornfields made famous by the movie *Field of Dreams* are being sold to a company that will preserve the site's baseball legacy, the owners announced yesterday.

Don and Becky Lansing said they have accepted an offer from Mike and Denise Stillman and their company, Go the Distance Baseball LLC, which will develop the site near Dyersville as

a baseball and softball complex.

"We worked hard to maintain its wholesome allure, and our success says a lot about our nation's love affair with its national pastime," Becky Lansing said in a statement. "It truly is a special place."

The land has been in Don Lansing's family since 1906. The couple put the property up for sale at \$5.4 million US in May 2010. The parcel includes the two-bedroom house, baseball diamond, six other buildings and 193 acres — mostly cornfields — from the movie.

The Lansings said earlier this year that they had received several inquiries about the site but were committed to finding a buyer that would preserve its legacy. **THE ASSOCIATED PRESS**



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2
scene

Box office



The Shrek spinoff Puss in Boots opened with an estimated \$34 million to top the box office. The film proved a big draw outside of the Shrek franchise. Paranormal Activity came in the number two spot over the weekend. That film took in \$18.5 million in its second week of release. The Rum Diary, starring Johnny Depp, opened weakly, earning just \$5 million.

THE ASSOCIATED PRESS



FX Canada heralds aggressive plans by Rogers to add channels, expand reach

Bikers and the Bard

► Kim Coates might look the part of a gritty gang member, but *The Sons of Anarchy* actor loves Hamlet as much as his Harley ► Reveals what to expect on the second season of SOA

Kim Coates is so convincing on *Sons of Anarchy* that real-life bikers like to give him their opinion of the show.

Case in point. Coates was at the gym a few years ago when an ex-biker club member got right in his face.

"Listen man," Coates recalls the guy saying, "I'm not gonna pull any punches." Using colourful language, the biker went on to tell Coates that while he enjoyed his performance, he had problems with the show.

The 52-year-old actor calmly stood his ground. "I said to him, 'It's a TV show. Based on some truths, based on Hamlet metaphorically, but it's a TV show.'"

Maybe it was the Hamlet reference that soothed the dude. Maybe it was Coates' Harley out front. Whatever, Coates was able to make the case that he was "just trying to do a television show within the genre of the biker world."

Canadians who have not yet found the series on the Pay TV service Super Channel can catch up from the beginning when it premieres tomorrow night at 10 p.m. on FX Canada. The new Rogers-owned specialty channel launches tonight.

Coates loves being on *Sons of Anarchy* and is thrilled the series set an FX premiere ratings record when it returned in the



► Saskatchewan native Kim Coates has been busy lately with roles in *Sons of Anarchy*, the recently-ended HBO series *Entourage* and five different films.

U.S. last month for a fourth season. The Saskatchewan native has never been busier. Besides *Sons of Anarchy*, he was a familiar face on the just-finished HBO series *Entourage*.

Coates has roles in five films set to come out, including *Sacrifice* with Cuba Gooding, Jr., and *A Little Help* opposite Jenna Fischer (*The Office*). He was at the Toronto International Film Festival last month to promote the rowdy hockey movie *Goon* (co-written by Jay Baruchel). Seann William Scott, Alison Pill and Eugene Levy also have

roles in the film, which will be released next year.

When not working, Coates feels at home on his Harley, a custom-built Wide Glide. "Got to kind of design it myself from Eagle Nest Harley in Sacramento," says Coates, one of only two SOA cast members with biker cred heading into the series.

Despite his onscreen image — often as the creep next door — in over 40 films, Coates is a pussycat himself, a dedicated family man married for 26 years with two grown daughters.

As for the Shakespeare

metaphor, Coates is equally at home around Hamlet as he is on a Harley. He starred as Macbeth at Stratford when he was just 27 (singling out director Tom Kerr as "my mentor") and enjoyed a run on Broadway as Stanley Kowalski in *A Streetcar Named Desire*.

His love of theatre began at the University of Saskatchewan where he took a drama class "just for fun." He wound up doing play after play over four years, "an amazing learning ground for me."

He gets the Hamlet thing on SOA and credits

"All I know is that things are happening this year. Stuff is going down"

KIM COATES ON THE UPCOMING SEASON OF *SONS OF ANARCHY*

series creator Kurt Sutter with turning this outlaw biker crew into compelling television. "Kurt's an amazing storyteller," says Coates.

There was one time when Coates felt Sutter made a wrong turn on the series. Without spoiling what happens in Season Two, there is a moment when Tig (Coates) gets cozy with Gemma (Katey Sagal), the wife of the club president, Clay (Perlman). Coates read the script, could not believe Tig would ever sneak around on Clay and demanded to see Sutter.

"Take a breath," Sutter told Coates, explaining that this is, after all, a tale of biker outlaws, a world of drugs, sex and rock 'n' roll. Gemma is lost and lonely and comes on to Tig. Tig is lost and lonely and responds. "You're not doing it out of anything with Clay," explained Sutter. "It's just a moment of two very wounded people coming together for some love, for something."

"All I know is that things are happening this year," says Coates. "Stuff is going down."

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► Metallica members James Hetfield, left, and Lars Ulrich, right, pose with musician Lou Reed.

JOHN CARUCCI/THE ASSOCIATED PRESS

You better believe it: Lou Reed on an album with Metallica

► Rock legends collaborate on joint album Lulu

Metallica and the word "scared" don't usually go together.

But fear was one of the emotions that band members felt when they began work on their latest album, Lulu, a collaboration with Lou Reed that will be released tomorrow.

"That was scary, but it was also so exciting to think, 'Is he going to tell us what to play? Are we going to know what to play? Is he going to start singing randomly? Should we figure out some parts?'" lead singer James Hetfield said in an interview. "We have had many different ways of recording, and this is yet another new way for us."

Reed and Metallica, both members of the Rock and Roll Hall of Fame, first performed together at the hall's 25th-anniversary concerts in 2009. They found that they had amazing chemistry together.

That chemistry prompt-

Chemistry

► Lou Reed has worked with everyone from The Killers to David Bowie, but considers his work with Metallica to be "the best music I have ever done."

ed them to go into the studio together, but the concept for the album started as a work that was the brainchild of Reed, based on the Lulu plays (Earth Spirit and Pandora's Box) written by Frank Wedekind.

"This was the template from God," Reed explained in an interview last week with Hetfield and Lars Ulrich.

"It was written for a play in Berlin, for the Berlin Ensemble Theatre. It was done there as a soundscape surrounded by various electronics. I lifted the whole thing, since it is mine, and brought it over

to them and turned them loose on it so that on top of the electronics, (it) became Metallica."

Ulrich said most of the album was recorded in four days.

"We had no idea what hit us, so it was a lot about just being in the moment and playing with each other and giving the impulsivity a chance to be the predominant thing instead of thinking," the Metallica drummer said. "It was a more physical experience than a mental experience."

So far, reviews have been mixed. But Reed, inducted into the Rock Hall as part of the Velvet Underground, insists that he doesn't care what the critics say.

"I wouldn't care what a critic said about anything, including a hamburger joint. There is no species of people I have less respect for."

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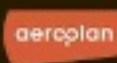
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Time for Avril to Let Go?

► Avril Lavigne experiencing dwindling Canadian crowds, sales

Midway through a sparsely attended arena gig in Toronto last week, Avril Lavigne paused between songs to express her joy at playing “so close to home,” in her “beautiful” native country.

She had just finished singing Alice, and it was the first time in the evening she unleashed the full power of her vocal instrument, allowing her voice to billow and soar into every corner of the Air Canada Centre.

And it couldn't have been easy to fill all that empty space.

See, it's not just the Canadian weather that might have felt chilly to Lavigne, who grew up in Napanee, Ont., but moved to Los Angeles years ago. To hear her tell it, this cross-country trek was a triumphant homecoming, the first since her latest album

dropped in March, so where were the adoring crowds to cheer her on?

A reported audience of 6,800 fans showed up to her gig at the Air Canada Centre, which can hold 15,800 fans for a concert. Her shows across the country reported similarly anemic turnouts, while the reviews varied from tepid to scathing — a representative notice from one newspaper compared her lifeless performance to that of a zombie.

And considering that Lavigne's latest — Goodbye Lullaby — has failed to generate a fraction of the interest as her previous disc, there's no shortage of speculation that the pop-punk princess's reign could be coming to an end.

“She's having a difficult time making the transition from being a skater girl to

6X

Let Go attained diamond certification in Canada and went six times platinum in the U.S.

being a 27-year-old woman,” said Alan Cross, Metro Canada columnist and host of the syndicated radio show The Secret History of Rock. “It's very tough to grow with your audience. ... The next year is going to be very important if she's going to be able to make the transition.”

“I mean, she's far from dead. But it may take a little time for the new Avril to take root.”

And at this point, it's not exactly clear who the new Avril is.

She burst onto the scene less than a decade ago with 2002's hit-laden Let Go, providing a so-called edgy alternative to the dolled-up pop strumpets who were shifting the bar of good taste ever-lower and climbing ever-higher on the charts in the process (Lavigne's first album arrived in the one-year period between two video hallmarks for lowest-common-denominator pop pandering: Britney Spears' I'm a Slave 4 U and Christina Aguilera's Dirrty.)

A then-17-year-old Lavigne had a stylistic hook (ties and tank-tops), a strong voice and a bundle of super-catchy pop tunes stained by just a speck of punk grime — Ramona imitating the Ramones.

After Let Go, Avril's next two albums — 2004's Under My Skin and 2007's The Best Damn Thing —



► Avril Lavigne arrives on the red carpet during the 2011 MuchMusic Video Awards in Toronto in June.

brought diminishing returns commercially but still went platinum a combined seven times over in Canada.

And that, perhaps, is when Lavigne's career started to slide. There was a lengthy four-year break between albums, during

which time Lavigne divorced husband (and Sum 41 frontman) Deryck Whibley and changed her management, switching from Vancouver-based Nettwerk to a representation based closer to home in L.A.

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Titanic's heart will go on... only this time in 3D

► Near... far... wherever you are, you'll soon have a whole new Titanic

James Cameron took his "2.99-D" version of Titanic out into open water Friday.

The director of the Oscar-winning 1997 film and producer Jon Landau previewed 18 minutes of assorted footage that has been converted into 3D for next year's rerelease of the film.

The mastermind behind Avatar joked that it wasn't fully 3D because Titanic wasn't filmed in 3D.

He was quick to note, though, that most other converted 3D films are just "2.4-D."

"I think it looks spectacular," said Cameron. "If I had 3D cameras at the time and there had been 3D theatres at the time, I certainly would have shot it in 3D."

It's also just a way of reinventing the concept of a rerelease and getting people to come back to theatres and commit that three hours and 15 minutes to go through the experience again."

The footage shown during the invite-only presentation at Paramount Studios included eight

"I think Titanic cast a very long shadow over the career of two extremely brilliant actors who had to spend a lot of time kind of reminding people they weren't Jack and Rose over the next few years."

JAMES CAMERON

scenes, spanning from Kate Winslet's well-to-do Rose looking up at the Titanic for the first time to the moment when the stern dramatically plunges into the sea at a 90-degree angle, as well as the iconic scene of Rose and Leonardo DiCaprio's drifter Jack embracing on the bow.

In the scenes previewed Friday, the 3D footage showcased the conversion's visual reinvigoration of the existing material, especially during moments involving depth, such as a car being slowly hoisted onto the deck of the ship or Jack anxiously awaiting Rose at the bottom of a grand staircase amid a series of columns that seemingly jut out of the screen.

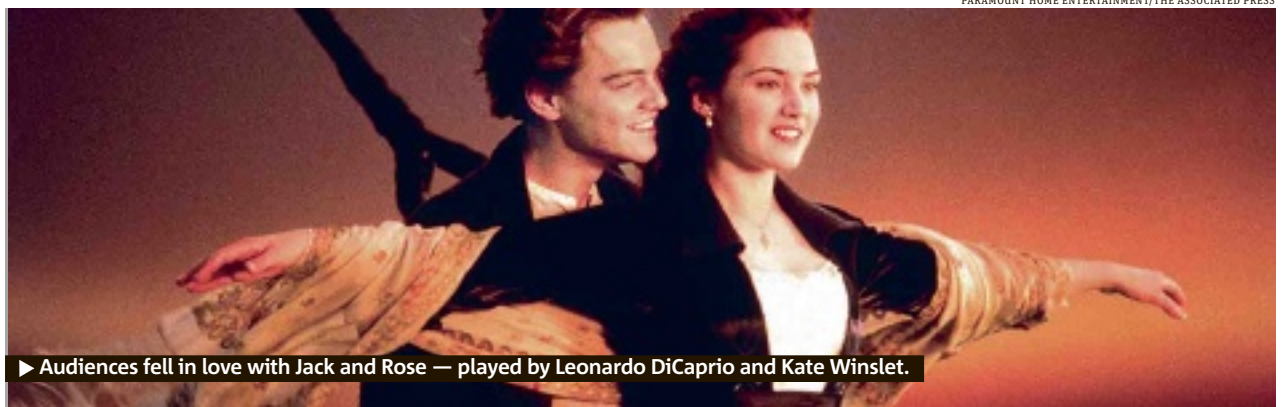
Cameron said that DiCaprio and Winslet have yet to see the 3D footage of Titanic, but he has spoken with Winslet about the project, and she is "on board."

He hasn't talked to DiCaprio about the rerelease because he's been busy shooting The Great Gatsby in Australia but he hopes to reconnect with the J. Edgar star soon.

"We'd love to have them involved to the extent that I think people are curious about what their journey has been since Titanic," Cameron said.

"I think Titanic cast a very long shadow over the careers of two extremely brilliant young actors who had to spend a lot of time kind of reminding people they weren't Jack and Rose over the next few years."

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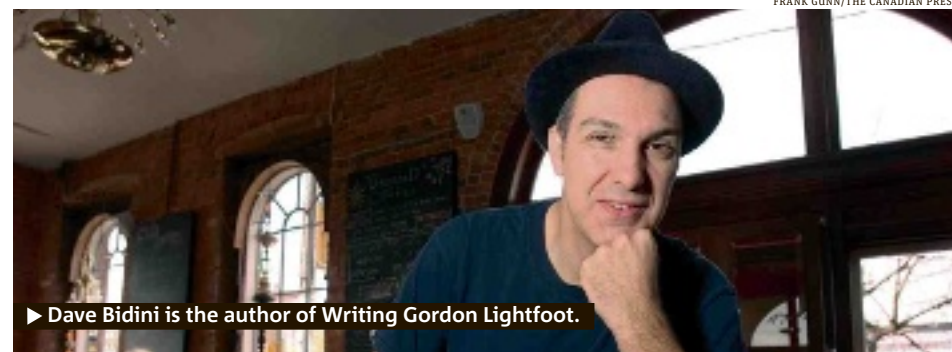
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Protecting Lightfoot's legacy?

► **Rocker Dave Bidini writes book about Gordon Lightfoot without his involvement**



► Dave Bidini is the author of *Writing Gordon Lightfoot*.

As soon as Dave Bidini put the word out that he was writing a book about Gordon Lightfoot, the stories started to pour in.

Bidini, the former Rheostatics singer, has plenty of friends in rock 'n' roll, and they had plenty of tangled yarns to spin about the 72-year-old Canuck singer for *Writing Gordon Lightfoot*.

Some were flattering, but most were definitely not.

"People would be like: 'I have a great Lightfoot story,' and it would inevitably turn out to be a horrible Lightfoot story," Bidini said in an interview last week at a Toronto café.

"There's a book that could come out for sure that would just be about that, just be about him being a mean drunk and a bad husband ... But if you put too many episodes in a book like that, that's all people are going to take away from it, and I wanted people to come away with a fuller impression of who

"I wanted people to come away with a fuller impression of who the person was."

AUTHOR DAVE BIDINI

the person was, about this life lived in Canadian music.

"And actually one of the things I say in the book is I sort of approach Gord and I say: 'I hope you're grateful that it's me writing the book and not some muck-raking

end might have liked their version.

So they directed it to Lightfoot's manager at the time, Barry Harvey, who has since died. Bidini remembers Harvey telling him that he wouldn't give the song to Lightfoot because it would just annoy the singer. The group was disappointed, and some time later, Bidini slighted Lightfoot in an interview, suggesting that the Canuck icon had swiped the melody for Fitzgerald from an old Irish folk tune (Bidini himself heard this rumour at a pub in Cork, Ireland). Harvey asked for a retraction and Bidini agreed, but says that once the comments had hit the Internet, it

journalist."

That Bidini wanted to protect Lightfoot's legacy — or at least his dignity — might imply some sort of friendly relationship between the two Canadian rockers.

But in fact, Bidini says that Lightfoot refused to be interviewed for the book despite his persistent requests.

In the text, Bidini offers a couple of theories for Lightfoot's non-participation. Years ago, the Rheostatics covered *The Wreck of the Edmund Fitzgerald*, and Bidini and his bandmates thought the Orillia, Ont., country-folk leg-

was too late.

So, the two artists weren't exactly friends. Still, Bidini believes the primary reason Lightfoot didn't want to participate in the book is that the songwriting stalwart simply has no interest in revisiting the still-tender wounds of his past.

And *Writing Gordon Lightfoot* does zero in on a particularly difficult period in his career.

The book is structured around the events of one week in July 1972, when some of the biggest names in music — including Bob Dylan, Neil Young, Joni Mitchell and, yes, Lightfoot — descended on tiny Toronto Island to make surprise appearances at the Mariposa Folk Festival.

At the time, the book says, Lightfoot had been forced to curtail his touring schedule due to Bell's palsy, which had temporarily left his face partially paralyzed.

lyzed, his first marriage was crumbling (he would divorce in '73), and he was dating Cathy Smith — the same woman who would later serve time in a California prison for injecting actor John Belushi with a fatal dose of heroin and cocaine in 1982.

THE CANADIAN PRESS

Eugenides tired of the autobiographical questions

Superstar author Jeffrey Eugenides is getting weary of questions about whether his new book, *The Marriage Plot*, is autobiographical.

"It's incredibly fatiguing. It happens with every novel, no matter what you write about," the 51-year-old said during an interview this week.

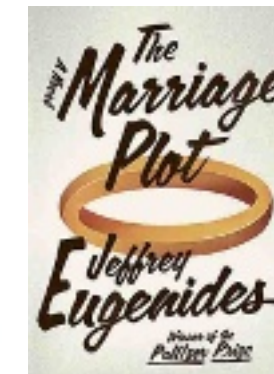
Eugenides burst onto the

scene in 1993 with his acclaimed debut *The Virgin Suicides*, which was later made into a much-discussed film by Sofia Coppola. His next novel, 2002's *Middlesex*, vaulted him into the literary stratosphere. A stunningly imaginative and expansive tale about a male hermaphrodite, the book won the Pulitzer Prize, was chosen as an Oprah selection and had legions of readers clamouring to see what the rock-star writer would do next.

They had to

wait nine years to find out, but were rewarded this month with Eugenides' latest novel, *The Marriage Plot*.

The novel, which follows a love triangle between English major Madeleine and two fellow male students at Brown University (the author's alma mater) in the early 1980s. In the



beleaguered world of publishing, the book's release was a joyous event. A billboard of Eugenides went up in Times Square. A launch party in New York City attracted literary heavyweights Jonathan Franzen, Martin Amis and Zadie Smith.

The *Marriage Plot* was soon lauded as another highly erudite, yet eminently readable offering from Eugenides.

Still, much of the media coverage has been pre-oc-

Hurry up and write

► During his media rounds, Eugenides has also faced repeated questions about the extended period of time it takes him to write each book.

► The author says he can usually tell after about 150 pages whether he wants to move forward with a new project.

► The kernel of *The Marriage Plot*, he said, came about when he was taking a break from *Middlesex* in the late 1990s and began writing a story about a debutante party. He abandoned that manuscript, but the character of Madeleine stuck with him, eventually jumping into the pages that would become *The Marriage Plot*.

cupied with whether it is autobiographical.

Did Eugenides base the character of Mitchell Grammaticus on himself (both are from Detroit and of Greek descent)? Does the Brown setting reflect the author's time at the school? And is the character of manic-depressive biologist Leonard Bankhead based on the late author David Foster Wallace (with whom Eugenides had a passing acquaintance)?

Eugenides, an instructor at Princeton University, can't seem to escape the speculation.

"Last time I wrote about someone who was intersex and I would still get the autobiographical question even though it's obviously about as imaginative a leap as I can make," said the

author, who lives in New Jersey with his wife and daughter.

"Now, I'm getting it again. You get it with everything you write. That's how people read. We all do it to a certain extent.

"But people need to understand that you obviously draw from your life in order to write a novel, so there are going to be many things that resemble the writer's experience. But what happens in a novel is very different than what happens in a writer's life."

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I'm not gay: Kelly

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► Singer opens up about her sexual orientation and dating on talk show

Kelly Clarkson is setting the record straight about being straight.

Despite speculation running rampant for years, the singer wants to clarify that she is not a lesbian.

"I'm from a small town, so everyone's married with children or about to have children," she says during a visit to The View.

"That's why people think I'm gay — because they're like, 'why aren't

you married?' And I'm like, 'It doesn't happen for everyone right off the bat!'"

Plus, she says she hasn't had the easiest time finding the right guy.

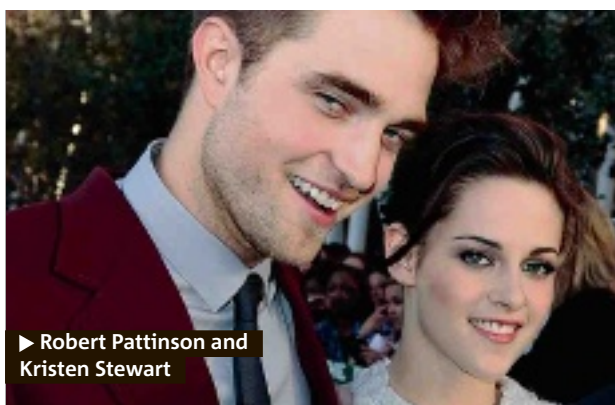
"I've dated some cool guys, but I don't know if I've dated someone where I could spend my whole life with them," Clarkson says. "The last date I went on was horrible, so I'd like to go on a good date."

• METRO



► Kelly Clarkson

PATTINSON A MARRIED MAN?



► Robert Pattinson and Kristen Stewart

THE WORD

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In honour of Halloween, let's check in with vampire-in-chief Robert

Pattinson, shall we?

While promoting *Breaking Dawn: Part 1* at a press conference over the weekend, Pattinson speculated that he and costar/girlfriend Kristen Stewart may already be married.

"The wedding scene's funny because we used a real priest," the actor said, ac-

cording to UsMagazine.com.

"So technically we are already married because he did all the things you would do in a normal ceremony. So we don't have a civil union in law, but I guess in the church we are actually married."

We suspect the church wouldn't agree, but then again, it's not really our go-to marriage dictionary these days. If someone united Heidi Montag and Spencer Pratt in holy-hell matrimony, no doubt they'd sign off on this one.

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Keep it sweet but healthy

► Candy isn't the only thing kids can accumulate during Halloween ► Cavities and extra pounds from all the candy are also common ► Try these tricks for preventing health issues

CHARLIE LITCHFIELD, IDAHO PRESS-TRIBUNE/ THE ASSOCIATED PRESS



► Dentists and dietitians say you can make Halloween reasonably healthy for kids without resorting to tactics like no candy.

Offer apples to trick-or-treaters and risk having your house get egged — maybe even by your own kids.

But dentists and dietitians say you can still make Halloween reasonably healthy for little devils and witches without resorting to dracul-onian tactics, like no candy.

"This is such a big adventure for them — let them have it, obviously with some caveats," said Dr. Rhea Haugseth, a dentist in Marietta, Ga., who's president of the American Academy of Pediatric Dentistry.

Haugseth also suggests avoiding cavity-promoting treats like caramels that stick to the teeth, or lollipops that bathe teeth in a long sugary bath.

Also, having kids brush their teeth before trick-or-treating to help reduce plaque and bacteria, which interact with sugar to produce tooth-decaying acid, Haugseth said. Kids should also brush right after eating candy, she said.

Just don't go overboard on restrictions, says Cole Robbins, a Chicago 12-year-old and Halloween veteran. "Halloween is the one day of the year where

we kids just kind of break out and overload on candy," he said.

To help prevent that kind of gorging, try to give children a healthy, filling meal before trick-or-treating, says Bethany Thayer, a spokeswoman for the American Dietetic Association who works at the Henry Ford Health System in Detroit.

Ronni Litz Julien, a Miami nutritionist whose patients include overweight and obese kids, says another trick for parents is to help sort through the loot, have kids select their 10 favourite pieces, and give

the rest away. Offer the choice of eating all 10 pieces at once, or over 10 days. That gives them a sense of control, without feeling shortchanged, she said.

"You can't deprive them. It's Halloween, for God's sake," she said.

President Barack Obama joked last week on The Tonight Show that he'd warned his health-promoting wife that the White House would get egged if she gave trick-or-treaters fresh fruit and raisins instead of candy.

Dr. Janet Silverstein, a Gainesville, Fla. pediatri-

Parent tricks

Try these tips for keeping Halloween fun without cavities or extra pounds.

Dark chocolate

Start by handing out dark chocolate instead of chewy candies. The chewy variety is likely to get stuck in teeth and stay there. Some studies have suggested dark chocolate is good for the heart.

Toys

Try bribing your kids with a new toy in exchange for the Halloween loot — or at least some of it.

Wait

Ask your kids not to dip into their loot bags until they bring the entire stash home. This trick ensures both safety so you can toss any suspicious-looking candy, but it also prevents an "eating frenzy" — and the stomach aches.

cian and member of the American Academy of Pediatrics' nutrition committee, says she doesn't give out candy, offering fruit or pencils instead; so far her house is unscathed.

When her own children were young, Silverstein would buy their candy for a nickel a piece. She recommends that to her patients' parents, too. Though she doesn't offer her other solution — she used to eat her kids' candy.

THE ASSOCIATED PRESS

3

life

Sweet choices



A British Columbia-based dietitian has helpful hints about the chocolate choices parents will have to make this Halloween.

Gloria Tsang says all parents need to do is look at the list of ingredients on mass-produced chocolate bars. Tsang says if parents don't know how to pronounce the name of an ingredient, that product might not be the best choice.

THE CANADIAN PRESS



Will Halloween play a trick on your kids' health? Dental hygiene is key concern.

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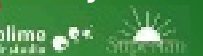
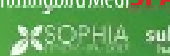
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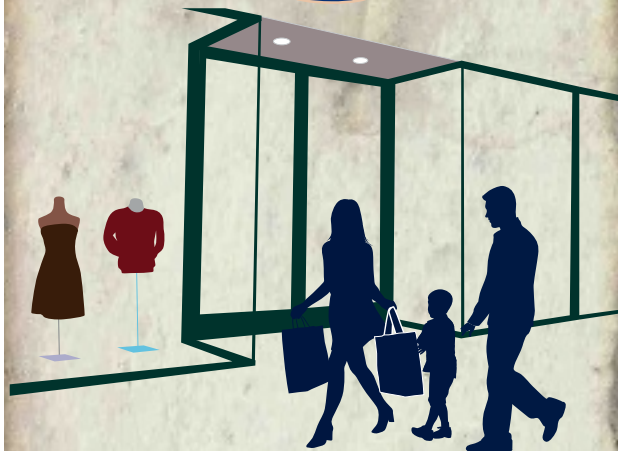
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metrofood

metronews.ca
MONDAY, OCTOBER 31, 2011

Tasty treats to make them scream — with sheer delight

Still looking for last minute Halloween treat ideas? Try these Bog Bars

MATTHEW MEAD/ THE ASSOCIATED PRESS



► This recipe serves 16.

Bog
Bars

DINNER EXPRESS

EMILY RICHARDS
FOOD@METRONews.ca



The beauty of Halloween treats is the uglier they are, the better. That was the inspiration for this baked treat.

Bog Bars Prep:

1 Coat 33-x-23-cm (13-x9-inch) pan with cooking

spray; set aside. In a microwave-safe dish, combine cherries and juice. Microwave on high until bubbling, 1 minute. Set aside to cool.

2 In bowl of electric mixer, cream butter and sugar until fluffy. Add eggs, one at a time, scraping bowl between additions. Stir in vanilla. Add flour and salt and mix until combined. Drain reserved cherries; add them and half broken chocolate cookies.

Ingredients:

- 500 ml (2 cups) dried cherries
- 125 ml (1/2 cup) apple or orange juice
- 175 ml (3/4 cup or 1 1/2 sticks) unsalted butter
- 550 ml (2 1/4 cups) packed brown sugar
- 3 eggs
- 5 ml (1 tsp) vanilla extract
- 550 ml (2 1/4 cups) flour
- 7 ml (1 1/2 tsp) salt
- 16 chocolate sandwich cookies, broken into pieces
- 340 g (12 oz) chocolate
- 2 graham crackers, broken
- 125 ml (1/2 cup) mini marshmallows
- 125 ml (1/2 cup) broken pretzel sticks
- Handful gummy worms
- 2 green fruit roll-ups, torn into pieces

3 Spoon mix into pan and bake in 180 C (350 F) oven 25 minutes or until golden and set.

4 While bars still hot, sprinkle chocolate bits over surface. Let melt. Spread melted chocolate to cover surface. Sprinkle with crack-

ers, marshmallows, pretzels, gummy worms, remaining chocolate cookies and pieces of fruit roll-ups. Let cool.

EMILY IS A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA/ THE ASSOCIATED PRESS

Rose Reisman's Swap It

While Halloween is a time for candy, some parents choose other treats such as the Trick or Treat McDonald's Happy Meal.

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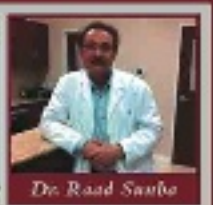
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Soy-stainable furniture

► Grain farmers showing how soy can be used in different ways ► Trying to educate people about their options

BEN KNIGHT
LIFE@METRONEWS.CA

Soy beans. Food, fuel ... furniture?

This past weekend, at the International Home Show in Toronto, the Grain Farmers of Ontario presented a special display of furniture and other home decor items — the key ingredient of which is leftover grains.

"We have furniture made from soy-based foam," says Meghan Burke, GFO communications coordinator. "It's called Bio-Plush foam. We also have carpeting made from corn oil, and soy-based paint on the walls. We have a countertop made of corn. Anything you can think of, really, made from corn or



► Canada is finding new uses for its bountiful grain harvests.

soy beans."

The furniture — including big, cushy reclining chairs — still has all the usual wood or metal components. But the foam in the cushions is something altogether new.

"It's very nice and very comfortable," she ex-

plains. "What we're basically doing is replacing the petroleum-oil portion with a soy-based oil. So it's just like any other foam, but is has no off-gassing, no allergens, it's renewable, it's decomposable, it's really healthy for your environment."

It's a pure case of need meets opportunity. Agricultural organizations across Canada are always looking for new markets, and there's a rising consumer demand for cleaner, greener products.

"We want to educate people about the options

"We want to educate people about the options they have for their homes."

MEGHAN BURKE, GFO
COMMUNICATIONS COORDINATOR

they have for their homes," says Burke. "People are looking for greener, sustainable, healthy options for their homes. And with that trend growing and growing, more companies are picking this up. We have quite a list of suppliers that have given us products for the exhibit."

And while the GFO's efforts are primarily an Ontario initiative, building a new market for the province's 28,000 corn, wheat and soy bean farm-

ers, these special grain-based products are gaining in popularity, and becoming available throughout Canada.

"The carpeting you can buy at Home Depot, or anywhere you can buy a carpet. The paint is Sherwyn-Williams. All these things are fairly common at your typical home stores."

The deeper message? Canada's bountiful grain harvests can solve a lot more problems than hunger and fuel efficiency.

"There are opportunities for your home that are environmentally friendly, and they are great alternatives to your petroleum-based products."

For more information, visit gfo.ca and bio-plush.com.

EMBRACE GREEN BURIALS

I recently attended a funeral in Cobourg, Ont., where the cemetery conducts natural burials. What exactly makes a burial natural or green? *Tamara of Toronto, ON*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA



When it comes to planning the end, there are greener ways to go.

You visited one of only two cemeteries in Canada with designated green sites; the Union Cemetery in Cobourg, Ont., and Royal Oak Burial Park in Victoria, B.C.

At both, you can return to the Earth naturally with a green burial.

Green burials are low-impact, use less energy, consume fewer resources (like water), are less toxic, and may include local, sustainable materials.

Bodies are not embalmed because that delays decomposition.

Without formaldehyde to preserve the body, toxic chemicals are avoided, reducing harmful exposure both to nature and the embalmer. Instead, bodies are wrapped in a biodegradable shroud or

placed in a biodegradable casket. And protected green space becomes the final resting place. To learn more, check out the Natural Burial Association's website. (naturalburialassoc.ca) Although only two cemeteries can perform green burials in Canada, green funerals are increasing in popularity. A green funeral means funeral homes aim to maximize environmentally friendly funeral practices.



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GIL PENALOSA,
Executive Director of 8-80 Cities
Towards Sustainable Mobility: The role of walking, cycling, transit and ...cars

**Thursday,
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8:30 a.m.**

ANDREW WILEY-SCHWARTZ,
New York City, Department of Transportation, *Transforming New York's Streets*

**Thursday,
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KEN GREENBERG,
Urban Design Consultant *Walking Home: The life and lessons of a city builder*

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Crying Over roadblocks is not his way

► Former Platinum Blonde rocker Sergio Galli has overcome life's hurdles with a Doesn't Really Matter attitude

TURNING POINT

TERESA KRUIZE
LIFE@METRONews.CA

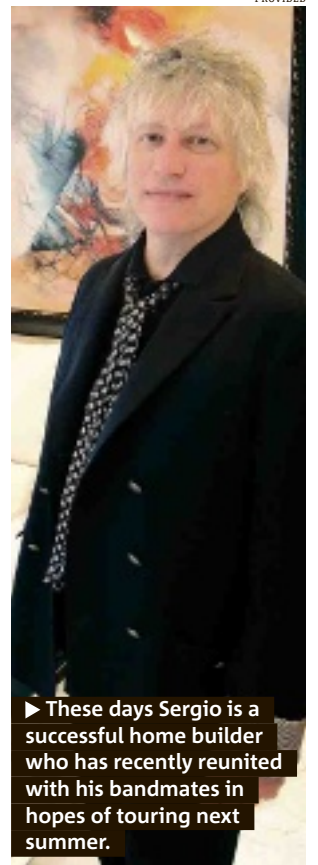


He's an international rock star, designer, architect and builder. With so much success, you would expect

Sergio Galli would wear his accomplishments like a badge of honour. But he doesn't. Sergio is a down to earth, humble man with a simple message for us all: accept life's turning points and when things get tough,



► Sergio Galli circa 1984 performing with Platinum Blonde.



► These days Sergio is a successful home builder who has recently reunited with his bandmates in hopes of touring next summer.

move on.

"I get over discouragement in life because I know it's temporary. Some people think it's forever. I say, 'Why waste your time? Get over it.'"

Sergio was 18 when he started his own business building and renting P.A. systems for bands.

He ran into Mark Holmes who was looking to put together a new band. Sergio played guitar, Mark

found a drummer and within six months Galli and the band hit it big. Platinum Blonde went on to become one of the top glam-bands of the '80s.

Hits like Crying Over You and Situation Critical rocketed to the top of the charts.

As Galli and the boys would roll through the great cities of Europe, he would make the limo drivers stop in front of unique buildings that caught his attention.

"I was so into architecture. They used to rib me but they thought it was neat someone could be into something other than music."

Seven years passed and the band realized they were burnt out and needed a break. Galli wanted to go back to school but was turned down at every University he applied to. Sergio "got over it", bought a couple of properties and began building. His work became noticed in the industry and soon he was building multi-

million dollar homes. Now he has teamed with The Serena Group to build affordable, luxurious villas. Galli is living life on his terms.

Platinum Blonde recently got back together and decided 20 years was enough of a break. Sergio and Platinum Blonde are currently in the recording studio and are hoping to start touring again next summer.

"You have to enjoy the journey along the way. Nothing happens overnight. Remember to have fun and if you do then success will come."

Sergio's secrets

Sergio Galli's keys to life and business

- **Success** Enjoy the journey and don't think about the money or the outcome.
- **Idea** Come up with a plan and follow through with it.
- **Attitude** Be positive and move on from disappointments.
- **Execution** Just get out and do it. Be positive.
- **Fun** Enjoy yourself. If you do, success and money will come.

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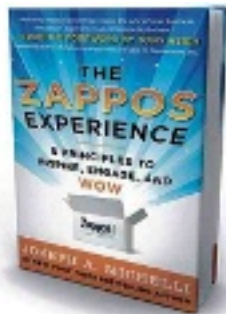
BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA



There are very few companies out there that can boast billion dollar sales figures. Now review that list against companies that have hit that revenue milestone in less than 10 years and you come up with a far shorter list which includes a company called Zappos, the world's friendliest (and biggest) online shoe retailer.

According to Joseph A. Michelli, author of *The Zappos Experience*, Zappos became a billion dollar company by creating a killer customer service approach and at the same



time developed a work culture where "being a little weird is part of the core values" of the company. Former COO and CFO Alfred Lin comments that the Zappos Experience is "about getting the culture right so we can treat the customer right." This approach has clearly paid off with the company named by J.D. Powers and Associates as a 2011 Customer Service Champion.

The concept of Zappos was born due to a frustrated consumer. Nick Swinmurn couldn't find a certain size shoe which

prompted him to consider if an online strategy could be used to solve this dilemma. From that he created ShoeSite.com. Recognizing the need for capital, Swinmurn approached Tony Hsieh & Alfred Lin of Investment firm Venture Frogs with his idea. Even in the 1999 boom of the Dot Com era one would have questioned the concept. After all, "Who would buy shoes at an Internet Store without trying them on?" alludes Michelli.

Michelli's book looks at the five principles that he found to be the foundation of Zappos' success. If you're looking at how to assess and improve your customer service approach, *The Zappos Experience* serves the perfect fit.

CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETING-TALENTINC.COM OR ON TWITTER @CRAIGLUND

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'Tis the season for dropouts

► Universities are stepping in to keep 'Christmas graduates' from bailing

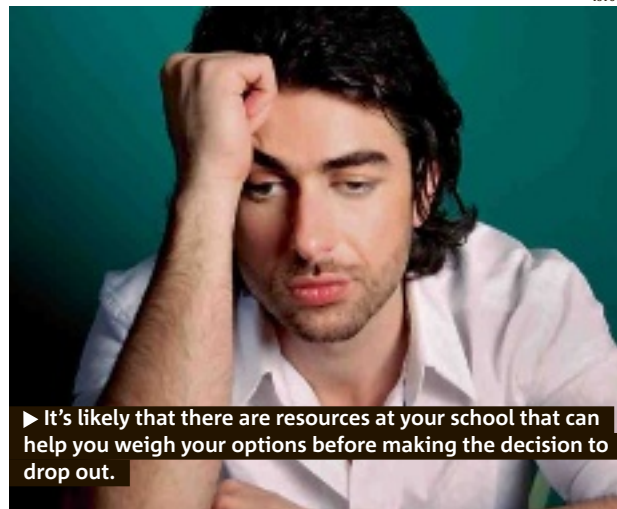
As tens of thousands of Canadian university students hit the books for mid-term exams, schools are looking ahead to keep those who tank from dropping out.

All it takes is a few bad grades to crush some students — particularly freshmen — and derail their university education, some experts say.

"Once people do badly, they don't want to be in school anymore," said Todd Stinebrickner, a professor at the University of Western Ontario who has studied the reasons university students choose to pack it all in.

"When people do badly ... school is not very enjoyable, maybe it's more stressful."

His research suggests about 40 per cent of students who drop out of university do so because



► It's likely that there are resources at your school that can help you weigh your options before making the decision to drop out.

they're not performing as well as they expected.

That's largely because they're not prepared for the heavier workload and independent study time, he said.

"That sort of says, well, things have to be a little bit different at earlier stages (of

education)," he says. "Whether it's more effort in high school or whether it's changes in the quality of schools at earlier ages, that's sort of an open question."

Most students stick it out past the first year — in Ontario, the province with the

most universities, retention rates remain between 80 and 90 per cent for the majority of schools.

But educators aren't taking any chances.

Many have an arsenal of programs aimed at so-called "Christmas graduates," those who simply drop off the roster after winter break, as well as students who fall through the cracks in later years, said Richard Wiggers, director of research on student services for the Higher Education Quality Council of Ontario.

Some reach out to students and their families before the fall semester starts in an effort to ease the transition from high school.

The reasons for calling it quits can range from homesickness to depression and learning disabilities to money troubles.

THE CANADIAN PRESS

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Fitzpatrick leads Bills to victory in Toronto

23

BILLS

0

REDSKINS

Ryan Fitzpatrick showed yesterday why the Buffalo Bills felt he was worth \$59 million US.

Fitzpatrick threw two TD strikes to Scott Chandler as Buffalo beat the Washington Redskins 23-0 for its first regular-season win of the Bills Toronto Series.

The resurgent Bills (5-2) improved to 3-3 in Toronto but are just 1-3 in regular-season contests.

Buffalo hasn't made the NFL playoffs since 1999 but last week signed Fitzpatrick to a \$59-million, six-year contract extension. The deal includes \$24 million guaranteed and makes Fitzpatrick the highest-paid player in club history.

Not bad for a Harvard grad and '05 seventh-round pick who spent his first four NFL seasons with St. Louis and Cincinnati before landing in Buffalo in 2009. Fitzpatrick, 28, has flourished with the Bills, going 9-5 in his last 14 games.

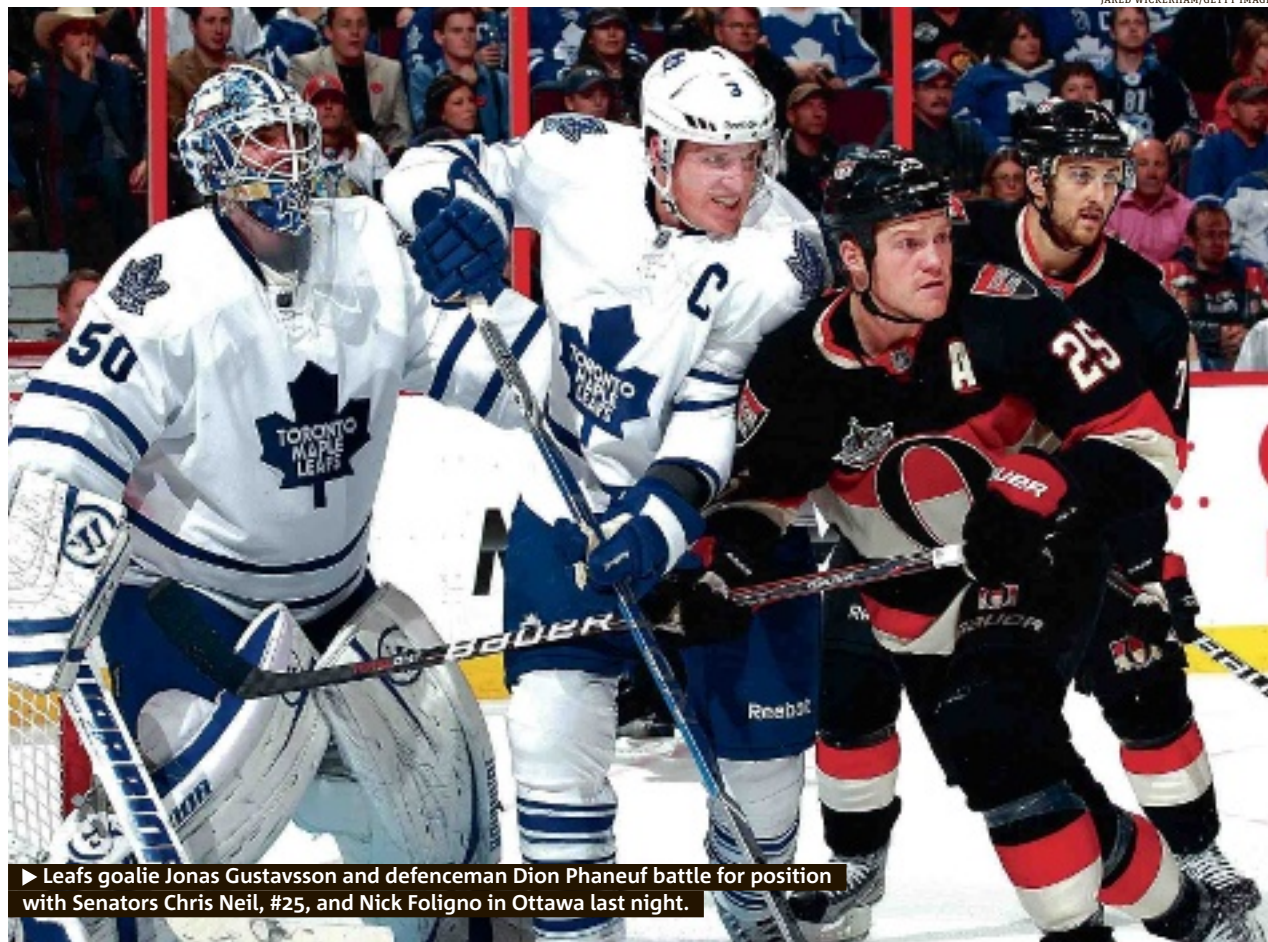
Yesterday's contest was the sixth of eight Buffalo will play here through next season as part of the series. The attendance was 51,579, meaning none of the games have been a sellout at Rogers Centre, which seats 54,000 for football.

For the first time in the series fans were vocally pro Bills, actually giving Buffalo the feel of home-field advantage. **THE CANADIAN PRESS**

Sens keep on rolling

- ▶ Power-play goals from Ottawa's Neil and Greening pace young club's win
- ▶ MacArthur's pair not enough for Toronto in battle of provincial rivals

JARED WICKERHAM/GETTY IMAGES



▶ Leafs goalie Jonas Gustavsson and defenceman Dion Phaneuf battle for position with Senators Chris Neil, #25, and Nick Foligno in Ottawa last night.

Kaspars Daugavins' first career goal stood as the winner as the Ottawa Senators won their sixth straight game, 3-2 over the rival Toronto Maple Leafs last night.

Colin Greening and Chris Neil added power-play goals for the Senators (7-5-0).

Robin Lehner made his first start of the year after being called up from Birmingham of the American Hockey League earlier in the weekend and made 23 saves.

Clarke MacArthur scored both goals for the Maple Leafs (7-3-1), the first com-



SENATORS



LEAFS

ing on the power play. Mikhail Grabovski and Nikolai Kulemin provided the assists both times.

Jonas Gustavsson made 27 saves in taking the loss.

The Senators beat the Maple Leafs for the first time this season following a 6-5 loss in Toronto earlier this year.

Heading into the third period with a 2-1 lead, Senators forward Zach Smith stole the puck from Matthew Lombardi just inside the Leafs line and dished it off to Daugavins, who scored with a long shot that beat Gustavsson at 7:08.

MacArthur responded less than two minutes later to pull the Leafs to within a goal. Shortly after the Leafs went on a power play as Daugavins was called for

hooking, but they failed on that opportunity and couldn't beat Lehner the rest of the way.

MacArthur opened the scoring 11 minutes into the first period as Senators defenceman Erik Karlsson sat in the penalty box for slashing.

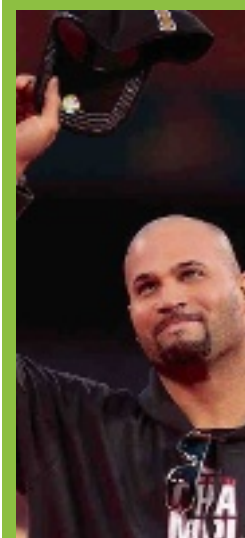
Greening tied the game a little less than five minutes later on the power play, as the first period ended in a 1-1 tie.

Neil tipped a point shot from Karlsson past Gustavsson, again on the power play, for the only goal of the second period.

THE CANADIAN PRESS

4
sports

Quoted



"Hey, why not?"

ST. LOUIS CARDINALS STAR ALBERT PUJOLS, WHEN ASKED IF HE WOULD BE BACK FOR ANOTHER CELEBRATION NEXT SEASON AFTER A PARADE YESTERDAY TO COMMEMORATE THE TEAM'S WORLD SERIES VICTORY OVER THE TEXAS RANGERS. PUJOLS IS A FREE AGENT FOR THE FIRST TIME AND IT ISN'T CLEAR IF THE MID-MARKET CARDINALS WILL BE ABLE OR WILLING TO SIGN HIM.

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ONTARIO

Rams play like champs

► With World Series-winning Cardinals in the house in St. Louis, Jackson scores twice to lead his team to its first win of the season

Nothing in the St. Louis Rams' first six games indicated they were capable of even keeping this one close.

Maybe the cross-town Cardinals' pre-game appearance with the World Series trophy inspired them to pull off a shocker of their own. A few choice words from their star player helped, too.

Running back Steven Jackson awoke in the middle of the night on game day, deciding he'd tell teammates enough was enough and that no way the Rams were this awful. Then he led by example with two



RAMS



SAINTS

touchdowns in his first 100-yard game in three seasons, helping St. Louis earn its first win with a 31-21 upset of the New Orleans Saints yesterday.

"I think the Cardinals being here was great for the

city," Jackson said. "Whoever showed up today, regardless if the place was empty, today was the day.

"We came out with a mindset we were going to fight."

Drew Brees's only touchdown pass was on a meaningless score in the final seconds a week after throwing five in a 62-7 rout of the Indianapolis Colts. Brees was intercepted twice, too, with Darian Stewart's pick and 27-yard return putting the game away with 2:51 to go.

"As you look at the cardinal sins of football, we com-

mitted quite a few of those today," Brees said, no pun intended. "Obviously, we gave them a lot of momentum."

The NFC South-leading Saints (5-3) average a league-best 35 points, but never got on track against a defence ranked near the bottom of the league. The Rams (1-6) had a season-high six sacks after entering the game with just 11.

"We always thought we had that in us," coach Steve Spagnuolo said. "It was a wonderful weekend for St. Louis fans."

THE ASSOCIATED PRESS

DILIP VISHWANATH/GETTY IMAGES



► Steven Jackson of the Rams hurdles Tracy Porter and Scott Shanle of the Saints yesterday in St. Louis.

NFL in pictures

PHOTOS
1. NICK LAHAM/GETTY IMAGES
2. DOUG PENSINGER/GETTY IMAGES
3. JONATHAN FERREY/GETTY IMAGES
4. ROB CARR/GETTY IMAGES



1

The New York Giants barely avoided a post-bye letdown, keeping Miami winless with a 20-17 victory.

2

The Detroit Lions sacked Tim Tebow seven times as they snapped a two-game skid with a 45-10 win over the Denver Broncos.

3

Rookie quarterback Andy Dalton threw two first-half touchdown passes as Cincinnati Bengals beat the Seattle Seahawks 34-12.

4

The Baltimore Ravens rallied from a 21-point deficit to beat the Arizona Cardinals 30-27. THE ASSOCIATED PRESS

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Pittsburgh	13	8	3	1	1	39	28	18	4-1-1-0	4-2-0-1	6-3-1-0	L1
d-Toronto	10	7	2	1	0	34	32	15	5-0-1-0	2-2-0-0	7-2-1-0	W2
d-Washington	9	7	2	0	0	35	23	14	5-0-0-0	2-2-0-0	7-2-0-0	L2
Philadelphia	11	6	4	1	0	43	36	13	3-3-1-0	3-1-0-0	5-4-1-0	W1
Buffalo	10	6	4	0	0	29	22	12	2-3-0-0	4-1-0-0	6-4-0-0	L1
Florida	10	6	4	0	0	26	25	12	2-1-0-0	4-3-0-0	6-4-0-0	W1
Ottawa	11	6	5	0	0	36	43	12	4-2-0-0	2-3-0-0	6-4-0-0	W5
Tampa Bay	11	5	4	0	2	33	35	12	3-1-0-0	2-3-0-2	4-4-0-2	W1
Carolina	11	4	4	2	1	28	35	11	2-1-0-1	2-3-2-0	4-3-2-1	L1
Montreal	11	4	5	1	1	29	30	10	2-3-1-1	2-2-0-0	4-4-1-1	W1
New Jersey	9	4	4	0	1	20	24	9	2-1-0-1	2-3-0-0	4-4-0-1	L2
NY Rangers	9	3	3	1	2	20	22	9	0-1-0-1	3-2-1-1	3-3-1-2	L2
NY Islanders	9	3	4	1	1	18	23	8	3-2-1-0	0-2-0-1	4-3-1-1	L5
Winnipeg	10	3	6	0	1	26	36	7	2-2-0-0	1-4-0-1	3-6-0-1	L1
Boston	10	3	7	0	0	22	25	6	2-5-0-0	1-2-0-0	3-7-0-0	L3

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Dallas	11	8	3	0	0	28	23	16	5-1-0-0	3-2-0-0	7-3-0-0	W1
d-Chicago	10	6	2	0	2	32	25	14	4-0-0-2	2-2-0-0	6-2-0-2	W1
d-Edmonton	6	2	0	2	21	16	14	4-1-0-1	2-1-0-1	6-2-0-2	W4	
Los Angeles	10	6	2	1	1	24	19	14	3-2-0-0	3-0-1-1	6-2-1-1	L1
San Jose	9	6	3	0	0	28	21	12	1-2-0-0	5-1-0-0	6-3-0-0	W5
Colorado	10	6	4	0	0	29	27	12	0-3-0-0	6-1-0-0	6-4-0-0	L2
Phoenix	10	5	3	0	2	30	30	12	3-2-0-1	2-1-0-1	5-3-0-2	W2
Nashville	10	5	4	0	1	24	26	11	2-2-0-1	3-2-0-0	5-4-0-1	W2
Anaheim	10	5	4	0	1	21	26	11	3-2-0-0	2-2-0-1	5-4-0-1	L1
Minnesota	10	4	3	2	1	21	23	11	3-2-1-0	1-1-1-1	4-3-2-1	W1
Vancouver	11	5	5	0	1	31	33	11	3-2-0-1	2-3-0-0	5-5-0-0	W1
Detroit	9	5	4	0	0	22	23	10	3-1-0-0	2-3-0-0	5-4-0-0	L4
St. Louis	10	5	5	0	0	26	27	10	2-1-0-0	3-4-0-0	5-5-0-0	L1
Calgary	9	4	4	1	0	22	23	9	3-2-1-0	1-2-0-0	4-4-1-0	W2
Columbus	11	1	9	0	1	25	39	3	1-3-0-1	0-6-0-0	1-8-0-1	L2

Last night's results

Anaheim at Columbus

Toronto at Ottawa

St. Louis at Edmonton

Los Angeles at Colorado

Saturday's results

Montreal 4 Boston 2

Ottawa 5 N.Y. Rangers 4 (SO)

Tampa Bay 1 Winnipeg 0

Toronto 4 Pittsburgh 3

Vancouver 7 Washington 4

Chicago 5 Columbus 2

Dallas 3 New Jersey 1

Florida 3 Buffalo 2

Minnesota 1 Detroit 0

Nashville 3 Anaheim 0

Philadelphia 5 Carolina 1

Phoenix 3 Los Angeles 2 (OT)

San Jose 3 N.Y. Islanders 2 (OT)

Tonight's games

All Times Eastern

San Jose at N.Y. Rangers, 7 p.m.

Winnipeg at Florida, 7:30 p.m.

Nashville at Chicago, 8:30 p.m.

Tomorrow's games

Ottawa at Boston, 7 p.m.

Anaheim at Washington, 7:30 p.m.

Tampa Bay at Carolina, 7 p.m.

Minnesota at Detroit, 7:30 p.m.

Vancouver at Calgary, 9 p.m.

Wednesday's games

Philadelphia at Buffalo, 7:30 p.m.

Toronto at New Jersey, 7:30 p.m.

Phoenix at Colorado, 9:30 p.m.

SATURDAY

MAPLE LEAFS 4, PENGUINS 3

First Period

1. Toronto, Grabovski 4 (Phaneuf, MacArthur) 11:31 (pp)

Penalties — Dupuis Tor (boarding) 6:55, Malkin Pgh (holding) 11:16.

Second Period

2. Pittsburgh, Cooke 4 (Asham, Lovejoy) 10:21

3. Toronto, Connolly 1 (Lupul, Kessel) 11:30 (pp)

4. Pittsburgh, Kunitz 4 (Malkin, Letang) 15:06 (pp)

Penalties — Malkin Pgh (hooking) 11:17, Lombardi Tor (hooking) 13:18.

Third Period

5. Toronto, MacArthur 2 (Phaneuf, Grabovski) 3:08

6. Pittsburgh, Malkin 2 (Letang, Neal) 7:59 (pp)

7. Toronto, Kessel 10 (Connolly, Komisarek) 10:08

Penalties — Steckel Tor (delay of game) 6:06, Dupuis Tor (hooking) 7:06, Sullivan Pgh (slashing), Phaneuf Tor (roughing) 15:10.

Shots

Pittsburgh 6 12 18 36

Toronto 12 9 8 29

Goal — Pittsburgh: Johnson (L,1-1-2) Toronto: Gustavsson (W,3-2-0). **Power plays (goals-chances)** — Pittsburgh: 2-4 Toronto: 2-2.

Referees — Chris Lee, Wes McCauley. **Linesmen** — Scott Driscoll, Mike Shewchuk.

Attendance — 19,526 (18,819).

CANADIENS 4, BRUINS 2

First Period

1. Montreal, Gionta 2 (Cammalleri, Plekanec) 15:26 (pp)

2. Montreal, Eller 1 (Moen, Kostitsyn) 16:42

Penalties — Boychuk Bos (holding) 14:11, Ference Bos (kneeing) 19:49.

Second Period

3. Montreal, Desharnais 2 (Cammalleri, Weber) 12:24 (pp)

4. Boston, Lucic 3 (Horton) 16:28

Penalties — Thornton Bos, Moen Mtl (fighting) 7:45, Seidenberg Bos (holding) 8:41, Ference Bos (roughing) 10:25, Lucic Bos (slashing) 18:51.

Third Period

5. Boston, Seguin 4 (Chara) 19:05

6. Montreal, Plekanec 4, 19:48 (en)

Penalties — Eller Mtl (tripping) 1:05, Gionta Mtl (tripping) 2:09, Horton Bos (cross-checking) 3:38, Caron Bos (high-sticking) 20:00.

Shots

Boston 8 8 12 28

Montreal 12 12 3 27

Goal — Boston: Rask (L,0-3-0); Montreal: Price (W,4-4-2). **Power plays (goals-chances)** — Boston: 0-2. Montreal: 2-6.

Referees — Dave Jackson, Justin St-Pierre.

Linesmen — Steve Barton, Pierre Champoux.

Attendance — 21,273 (21,273).

LIGHTNING 1, JETS 0

First Period

No Scoring.

Penalties — Moore TB (goaltender interference) 9:59, Enstrom Wpg (tripping) 17:42.

Second Period

1. Tampa Bay, Lecavalier 5 (Stamkos, Brewer) 19:20 (pp)

Penalties — Glass Wpg (roughing) 2:14, Glass Wpg (high-sticking) 8:46, Kubina TB (interference) 14:48, Stuart Wpg (holding) 18:54.

Third Period

No Scoring.

Penalties — None.

Shots

Winnipeg 10 7 11 28

Tampa Bay 11 13 3 27

Goal — Winnipeg: Pavelec (L,2-4-1); Tampa Bay: Roloson (W,2-2-1). **Power plays (goals-chances)** — Winnipeg: 0-2; Tampa Bay: 1-4.

Referees — Tom Kowal, Francois St. Laurent.

Linesmen — Brad Kovachik, Pierre Racicot.

Attendance — 19,204 (19,204).

CANUCKS 7, CAPITALS 4

First Period

1. Vancouver, Lapierre 2 (Weise, Bieksa) 3:31

2. Washington, Ovechkin 4 (Brouwer, Backstrom) 8:55

3. Vancouver, Higgins 4 (Hamhuis, Booth) 13:17 (pp)

4. Vancouver, Edler 1 (Salo, Kesler) 19:56 (pp)

Penalties — Sulzer Vcr (high-sticking) 5:55, Ward Wash (high-sticking) 11:27, Semin Wash (hooking) 15:49, Kesler Vcr (hooking) 16:42, Halpern Wash (tripping) 19:51.

Second Period

5. Washington, Ovechkin 5 (Backstrom, Carlson) 1:25 (pp)

6. Washington, Knuble 2, 5:07 (penalty shot)

7. Vancouver, Edler 2 (H. Sedin, D. Sedin) 8:00

8. Washington, Johansson 5 (Wideman) 17:54

Penalties — Hamhuis Vcr (slashing) 0:26, Brouwer Wash (delay-of-game) 11:08.

Third Period

9. Vancouver, H.Sedin 4 (Edler, Kesler) 6:18

10. Vancouver, Higgins 5 (Hansen, Malhotra) 6:52

11. Vancouver, Lapierre 3 (Bieksa, Hamhuis) 10:25

Penalties — Ovechkin Wash (interference) 4:15, Salo Vcr (holding) 8:17.

Shots

Washington 9 13 10 32

Vancouver 17 14 12 43

Goal (shots-saves) — Washington: Vokoun (17-14), Neuvirth (L,1-1-0) (0:00 second, 26-22); Vancouver: Luongo (W,3-3-1). **Power plays (goals-chances)** — Washington: 1-4; Vancouver: 2-5.

Referees — Kevin Pollock, Kyle Rehman. **Linesmen** — Lonnie Cameron, Brad Lazarowich.

Attendance — 18,860 (18,860).

NFL

WEEK EIGHT

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	5	2	0	.714	211	147
New England	5	2	0	.714	202	160
N.Y. Jets	4	3	0	.571	172	152
Miami	0	7	0	.000	107	166

SOUTH

	W	L	T	Pct	PF	PA
Houston	5	3	0	.625	206	145
Tennessee	4	3	0	.571	139	145
Jacksonville	2	6	0	.250	98	163
Indianapolis	0	8	0	.000	121	252

NORTH

	W	L	T	Pct	PF	PA
Pittsburgh	6	2	0	.750	176	139
Cincinnati	5	2	0	.714	171	123
Baltimore	5	2	0	.714	185	110
Cleveland	3	4	0	.429	107	140

WEST

	W	L	T	Pct	PF	PA
San Diego	5	3	0	.625	206	145
Oakland	4	3	0	.571	160	178
Kansas City	3	3	0	.500	105	150
Denver	2	5	0	.286	133	200

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
N.Y. Giants	5	2	0	.714	174	164
Dallas	3	3	0	.500	149	128
Washington	3	4	0	.429	116	139
Philadelphia	2	4	0	.333	145	145

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	5	3	0	.625	260	189
Tampa Bay	4	3	0	.571	131	169
Atlanta	4	3	0	.571	158	163
Carolina	2	6	0	.250	187	207

NORTH

	W	L	T	Pct	PF	PA
Green Bay	7	0	0	1.000	230	141
Detroit	6	2	0	.750	239	147
Chicago	4	3	0	.571	170	150
Minnesota	2	6	0	.250	172	199

WEST

	W	L	T	Pct	PF	PA
San Francisco	6	1	0	.857	187	107
Seattle	2	5	0	.286	109	162
St. Louis	1	6	0	.143	87	192
Arizona	1	6	0	.143	143	183

Byes: Atlanta, Chicago, Green Bay, N.Y. Jets, Oakland, Tampa Bay

Yesterday's results

Tennessee 27 Indianapolis 10

St. Louis 31 New Orleans 21

Houston 24 Jacksonville 14

N.Y. Giants 20 Miami 17

Minnesota 24 Carolina 21

Baltimore 30 Arizona 27

Detroit 45 Denver 10

Buffalo 23 Washington 0

San Francisco 20 Cleveland 10

Cincinnati 34 Seattle 12

Pittsburgh 25 New England 17

Dallas at Philadelphia

Tonight's game

All Times Eastern

San Diego at Kansas City, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
x-Winnipeg	17	10	7	0	408	402	20
x-Montreal	17	10	7	0	514	425	20
x-Hamilton	17	8	9	0	465	445	16
Toronto	17	5	12	0	364	482	10

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
x-B.C.	17	10	7	0	468	384	20
x-Edmonton	17	10	7	0	404	381	20
x-Calgary	17	10	7	0	481	452	20
Saskatchewan	17	5	12	0	326	459	10

x — clinched playoff berth.

WEEK 18

Yesterday's result

Calgary 32 Montreal 27

Saturday's results

B.C. 29 Edmonton 20

Saskatchewan 19 Hamilton 3

Friday's result

Toronto 27 Winnipeg 22

STAMPEDERS 32, ALOUETTES 27

First Quarter

Cal — TD Forzani 32 pass from Tate (Paredes convert) 3:15

Mtl — TD Whitaker 7 run (Whyte convert) 6:21

Cal — TD Cornish 1 run (Paredes convert) 8:03

Second Quarter

Mtl — TD McPherson 1 run (Whyte convert) 13:01

Cal — Single Dales 75 14:00

Third Quarter

Cal — TD Cornish 1 run (Paredes convert) 9:26

Mtl — TD Brouillette 72 run (Whyte convert) 14:24

Fourth Quarter

Cal — TD Forzani 18 pass from Tate (Paredes convert) 4:11

Mtl — TD Deslauriers 31 pass from Calvillo (two-point convert failed) 13:04

Cal — FG Paredes 41 14:02

Calgary 14 1 7 10 32

Montreal 7 7 7 6 27

Attendance — 24,051 at Montreal.

TEAM STATISTICS

	Cal	Mtl
First downs	28	24
Yards rushing	151	160
Yards passing	333	380
Total offence	484	540
Team losses	4	2
Net offence	480	538
Passes made-ried	25-36	24-43
Return yards	123	197
Intercepts-yards by	0-0	2-22
Fumbles-lost	1-0	2-60
Sacks by	1	0
Punts-average	6-50.5	8-38.0
Penalties-yards	5-45	9-92
Time of possession	30:43	29:17
Net offence is yards passing, plus yards rushing, minus team losses such as yards lost on broken plays.		

WTA BNP PARIBAS CHAMPIONSHIPS

At Istanbul

Singles — Championship

Petra Kvitova (3), Czech Republic, def. Victoria Azarenka (4), Belarus, 7-5, 4-6, 6-3.

Doubles — Championship

Liesel Huber and Lisa Raymond (2), U.S., def. Kveta Peschke, Czech Republic, and Katarina Srebotnik (1), Slovenia, 6-4, 6-4.

ATP ERSTE BANK OPEN

At Vienna

Singles — Championship

Jo-Wilfried Tsonga (1), France, def. Juan Martin del Potro (2), Argentina, def. 6-7 (5), 6-3, 6-4.

Doubles — Championship

Bob and Mike Bryan (1), U.S., def. Max Mirnyi, Belarus, and Daniel Nestor (2), Toronto, 7-6 (10), 6-3.

ATP ST. PETERSBURG OPEN

At St. Petersburg, Russia

Singles — Championship

Marin Cilic (4), Croatia, def. Janko Tipsarevic (2), Serbia, 6-3, 3-6, 6-2.

Doubles — Championship

Colin Fleming and Ross Hutchins (3), Britain, def. Mikhail Elgin and Alexander Kudryavtsev, Russia, 6-3, 6-7 (5), 10-8 (tiebreak).

GOLF

PGA SHANGHAI MASTERS

At Shanghai

Par 72 — Final Round

(x-won on first hole of a playoff)

x-Rory McIlroy, \$2 million 64-69-65-72—270

Anthony Kim, \$750,000 68-68-65-69—270

Noh Seung-yul, \$267,500 72-63-67-73—275

Hunter Mahan, \$267,500 65-72-68-70—275

Lee Westwood, 69-70-70-67—276

Ian Poulter, \$150,000 67-71-67-72—277

Retief Goosen, \$107,500 69-71-72-68—280

K.J. Choi, \$107,500 73-70-70-67—280

Y.E. Yang, \$81,833 69-73-68-72—282

Padraig Harrington, \$81,833 67-70-73-72—282

John Daly, \$81,833 69-70-72-71—282

Geoff Ogilvy, \$69,000 73-70-66-74—283

Keegan Bradley, \$69,000 72-68-72-71—283

SOCCER

MLS PLAYOFFS

All Times Eastern

EASTERN CONFERENCE SEMIFINALS

Sporting Kansas City vs. Colorado

Last night's result

Sporting Kansas City at Colorado

Wednesday's game

Colorado at Sporting Kansas City, 7 p.m.

Houston vs. Philadelphia

Yesterday's result

Houston 2 Philadelphia 1

Thursday's game

Philadelphia at Houston, 8:30 p.m.

WESTERN CONFERENCE SEMIFINALS

Los Angeles vs. New York

Yesterday's result

Los Angeles 1 New York 0

Thursday's game

New York at Los Angeles, 11 p.m.

Seattle vs. Real Salt Lake

Saturday's result

Real Salt Lake 3 Seattle 0

Wednesday's game

Real Salt Lake at Seattle, 10 p.m.

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Content Sale



toilet not exactly as shown

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Community Events

MISCELLANEOUS

Miscellaneous

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<p>2008 HONDA S2000 CONVERTIBLE 2 door, 2.2 L, 4 Cyl, manual, black/black 52,262 kms \$31,980 Stock # U1781 Model AP2148EN</p>	<p>2009 NISSAN ALTIMA 4 door Sedan, auto, 2.5 engine, red/beige, 75,393 kms \$14,988 Stock # 1832B</p>
<p>2011 HYUNDAI ELANTRA GLS 4 door Sedan, 1.8 L, auto, black/grey, 11,433 kms \$18,888 Stock # 1849</p>	<p>2010 DODGE GRAND CARAVAN Stow-n-go, 4 door, 3.3 auto, blue/black. 19,918 kms \$23,988 Stock # C0004</p>

Houses For Sale

Houses For Sale



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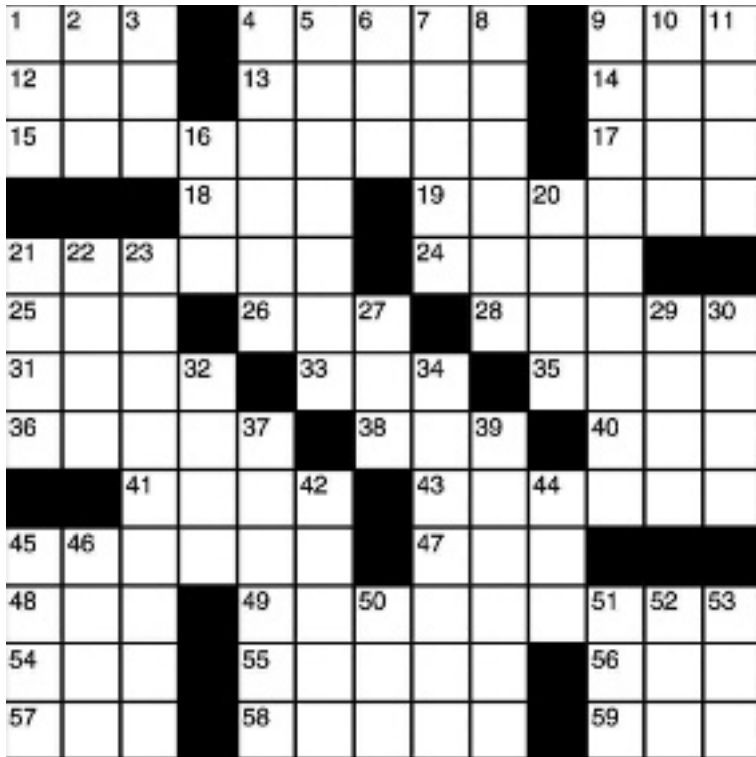
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MLS #807518. Hardwood floors through the main
level of this 3 bed, 2 bath detached family home with
a double garage. A winding staircase leads to the 2nd
level which features a loft and a cheater en suite with
a soaker tub & stand up shower. The basement has
ample storage & a cozy rec room.

Crossword

Across

- 1 That guy
4 Actor Malcolm — Warner
9 Throng
12 Historic time
13 Give a speech
14 Lawyers' org.
15 Mexican street musicians
17 Deteriorate
18 "CSI" evidence
19 Easter bouquet
21 Insist on
24 Racetrack tipster
25 Greek H
26 Pick a target
28 Water nymph
31 The Red Planet
33 Curved line
35 Knob on a shield
36 Of a pelvic bone
38 Weep loudly
40 Right angle
41 Guitarist Lofgren
43 Tidbit
45 Slanted typeface
47 — choy
48 Wicked
49 Showy yellow flowers
54 Anger
55 Buckwheat pancakes
56 "Of course"
57 "Mayday!"
58 Marsh plant
59 Ram's mate
Down
1 Height of fashion?
2 Gershwin brother
3 Scratch
4 "AbFab" actress Lumley

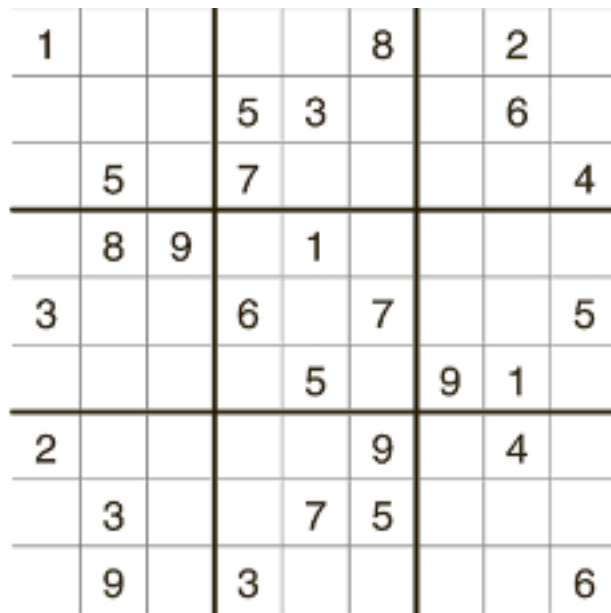


- 5 Region of simple, quiet pleasure
6 — jongg
7 Cockeyed
8 Injury
9 Eastern Canadian provinces
10 Reed instrument
11 Dugout supply
16 Greek mountain
20 Waikiki wingding
21 Actress Moore
22 And others (Lat.)
23 Tenderizing sauces
27 "— Doubtfire"
29 Competent
30 Barbie or Raggedy Ann
32 Take to the seas
34 Barbershop treatment
37 Goes up
39 Dance to rock music
42 Weighing device
44 Old theater letters
45 Wading bird
46 Poi base
50 Disencumber
51 Caustic solution
52 Morning moisture
53 Away from

► Yesterday's answer



Sudoku



How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►

5	9	2	7	1	6	8	4	3
8	4	1	2	3	5	6	9	7
3	7	6	8	9	4	1	5	2
4	6	7	9	8	2	5	3	1
1	8	9	5	7	3	4	2	6
2	5	3	4	6	1	9	7	8
6	1	4	3	5	7	2	8	9
7	2	8	6	4	9	3	1	5
9	3	5	1	2	8	7	6	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Tannis

You have been a wonderful girlfriend, who I can always trust and rely on. I am not perfect but as you know I am working on improving myself. You are more than what I want in my life. So here is the kiss for you to say thank you for everything. Sorry if I upset in the past, but you must know that I love you with all my heart and soul. You are the only one for me. Keep loving me sweetie.

FROM JAMES

Dear Gemini Gal

I love your blond hair, killer smile and beautiful blue eyes. The other day I saw you with a chimp in zoo. Obviously you love animals, good for you. If you are free and want to go for a drink, fire me a kiss.:)

FROM I AM INTO YOU

Today's horoscope

♈ Aries March 21-April 20 You may not want to go above a colleague's head and appeal to a higher authority today but you have no choice in the matter.
♉ Taurus April 21-May 21 If you need a helping hand as the new week begins don't be embarrassed to ask.
♊ Gemini May 22-June 21 No one expects you to do it all, so don't expect it of yourself.
♋ Cancer June 22-July 22 Cancer is a cardinal sign and that means you were born to achieve.
♌ Leo July 23-Aug. 23 People will

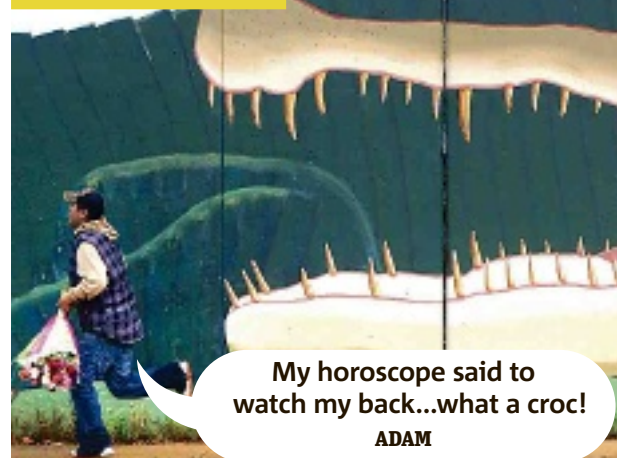
respond to you better this week of you can make them believe that by helping you they will also in some way be helping themselves.
♍ Virgo Aug. 24-Sept. 22 Never give up hope. Never believe that you are destined to fail.
♎ Libra Sept. 23-Oct. 23 There may be a small but important detail that you have overlooked and only a fresh pair of eyes can see it.
♏ Scorpio Oct. 24-Nov. 22 Not even a Scorpio can win every time.
♐ Sagittarius Nov. 23-Dec. 21 Resist the temptation to jump to conclusions and make accusations that you may not be able to back

For today's crossword answers and for expanded horoscopes, go to metronews.ca

up with facts.

♑ Capricorn Dec. 22-Jan. 20 You will be thrust into the spotlight at some point today and it may not be an entirely enjoyable experience.
♒ Aquarius Jan. 21-Feb. 18 It may be the case that someone you thought was a friend has been using you to get ahead in their career, but don't make an issue of it.
♓ Pisces Feb. 19-March 20 You may have to bend the truth a little today, especially if there is money at stake. **● SALLY BROMPTON**

Caption contest



My horoscope said to watch my back...what a croc!

ADAM



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- Bilingual Data Entry Clerk, \$12.00/hour
- Bilingual HR Assistant, \$16.00/hour
- Client Service Administrator, \$11.00/hour
- HR Assistant, \$15.00/hour
- Client Services, Reception, \$15.00/hour

Industrial Support

- Order Picker, \$10.25 - \$12.50/hour
- Pickers/Packager, \$11.00/hour
- Warehouse Worker, \$10.25 - \$11.00/hour
- Production Supervisor, \$15.00/hour
- Packager, \$11.50 - \$12.50/hour
- Cleaner, \$10.25 - \$11.00/hour
- Machine Operator, salary to be negotiated

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- Bilingual Monitoring Operator, \$12.50/hour, **9 positions available**
- Outbound Bilingual Telemarketer, **1 position available**

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08 Lincoln Mark LT

• 4x4, Loaded, Roof, Lthr, Auto
• st: 32051
• km: 62079

\$31,870
\$279*** Bi-weekly



07 Mazda CX-9

• Loaded, A/C, Auto, roof
• st: 32834
• km: 80397

\$17,950
\$164*** Bi-weekly



08 Benz B200

• Loaded, A/C, Auto, roof
• st: 32353
• km: 66500

\$17,880
\$163*** Bi-weekly



11 Mazda2

• Loaded, A/C, Auto, Brand New
• st: 32649
• km: 30

\$16,950
\$137*** Bi-weekly



09 Kia Spectra LX

• Loaded, A/C, Auto
• st: 31179
• km: 55680

\$9,980
\$81*** Bi-weekly



09 Nissan Versa

• Loaded, A/C, Auto
• st: 32887-A
• km: 79501

\$10,950
\$89*** Bi-weekly



06 LandRover LR3 se

• Loaded, Lthr, Roof, Auto
• st: 32692
• km: 57516

\$22,850
\$233*** Bi-weekly



09 BMW 323i

• Loaded, A/C, Roof, Lthr, Auto
• st: 32928
• km: 46617

\$25,850
\$200*** Bi-weekly



09 Toyota Venza

• AWD, Loaded, A/C, Auto, Roof
• st: 31787
• km: 22487

\$26,850
\$208*** Bi-weekly



11 Mazda3 GX

• Loaded, A/C, Auto
• st: 32978
• km: 29356

\$15,950
\$129*** Bi-weekly



07 Toyota Yaris

• Std
• st: 33035
• km: 77475

\$7,350
\$67*** Bi-weekly



10 Kia Soul

• Loaded, A/C, Roof, Auto
• st: 32895
• km: 53986

\$16,650
\$134*** Bi-weekly



08 Lexus IS 250

• Loaded, A/C, Auto
• st: 32790
• km: 55516

\$21,850
\$191*** Bi-weekly



08 LandRover LR2 se

• Loaded, Roof, Lthr, Auto
• st: 32103
• km: 82605

\$21,870
\$192*** Bi-weekly



09 Lexus RX350

• AWD, Loaded, Lthr, Roof, Auto
• st: 32858
• km: 45574

\$31,870
\$247*** Bi-weekly



09 Kia Rio

• Loaded, A/C, Auto
• st: 32437
• km: 63588

\$9,820
\$79*** Bi-weekly



07 Hyundai Accent

• Loaded, A/C, Auto
• st: 32931
• km: 96970

\$6,850
\$62*** Bi-weekly



10 Honda Civic

• Loaded, A/C, Auto
• st: 33011
• km: 51599

\$14,950
\$121*** Bi-weekly



08 Benz C300

• Loaded, A/C, Roof, Lthr
• st: 32357
• km: 40721

\$28,650
\$251*** Bi-weekly



07 Cadillac STS

• AWD, Loaded, Roof, Lthr, Auto
• st: 29658
• km: 79888

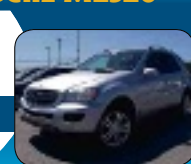
\$19,850
\$181*** Bi-weekly



07 Benz ML320

• Diesel, AWD, NAV, Roof, Lthr
• st: 32168
• km: 72545

\$34,680
\$304*** Bi-weekly



11 Suzuki Swift

• Loaded, A/C, Auto
• st: 32804
• km: 24243

\$11,960
\$97*** Bi-weekly



10 Hyundai Elantra

• Loaded, A/C, Auto
• st: 32888
• km: 68807

\$12,890
\$104*** Bi-weekly



10 Honda Insight Hybrid

• Loaded, A/C, Auto
• st: 31958
• km: 53737

\$18,800
\$152*** Bi-weekly



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07 VOLVO V50

LOADED, A/C, AUTO • 72601km
st:32108 • **\$16,940** • bw:\$154**

06 TUCSON GL 4WD

LOADED, A/C • 97472km
st:33005 • **\$11,650** • bw:\$123*

11 FRONTIER 4X4

LOADED, A/C, AUTO • 17768km
st:32724 • **\$29,980** • bw:\$232***

08 ACCORD

LOADED, A/C • 105003km
st:32995 • **\$13,750** • bw:\$125**

08 SANTA FE GLS AWD

LOADED, A/C, AUTO • 92401km
st:33044 • **\$14,950** • bw:\$136**

09 FORD RANGER SPORT

4X4, LOADED, A/C, AUTO • km:27389
st:32615 • **\$17,650** • bw:\$143**

11 SONATA

LOADED, A/C, AUTO • 56556km
st:32771 • **\$17,950** • bw:\$145***

11 PATHFINDER

LOADED, A/C, AUTO • 27056km
st:32697 • **\$28,970** • bw:\$224***

07 UPLANDER

LOADED, A/C • 90676km
st:32810 • **\$8,850** • bw:\$81**

10 GR.CARAVAN SE

STOW N GO, LOADED, A/C • 62166km
st:32867 • **\$15,950** • bw:\$129***

10 FUSION SE

LOADED, A/C, AUTO • 66478km
st:32783 • **\$15,750** • bw:\$127**

10 PATRIOT 4WD

LOADED, A/C, AUTO • 59739km
st:32942 • **\$15,950** • bw:\$129***

10 COROLLA CE

LOADED, A/C, AUTO • 62483km
st:32949 • **\$13,850** • bw:\$112***

07 MAZDA CX-7

LOADED, A/C, ROOF, AUTO • 79946km
st:32910 • **\$16,980** • bw:\$143**

10 LANCER

LOADED, A/C, AUTO • 39030km
st:32971 • **\$14,850** • bw:\$120***

07 TOYOTA RAV4 4WD

LOADED, A/C, AUTO • 94969km
st:32215 • **\$16,840** • bw:\$153**

09 LIBERTY 4WD

LOADED, A/C • 96659km
st:11379 • **\$13,850** • bw:\$112**

11 ESCAPE XLT AWD

LOADED, A/C, AUTO • 96659km
st:32523 • **\$13,850** • bw:\$112***

10 MATRIX

LOADED, A/C, AUTO • 61657km
st:32449 • **\$14,950** • bw:\$121***

10 SENTRA

LOADED, A/C, AUTO • 60529km
st:32385 • **\$13,750** • bw:\$111***

08 SATURN VUE XR AWD

LOADED, A/C, AUTO • 60545km
st:32194 • **\$16,410** • bw:\$149***

07 VOLVO XC70 AWD

LOADED, A/C, AUTO, LEATHER
• 112608km st:32911
• **\$16,980** • bw:\$155**

10 ALTIMA 2.5S

LOADED, A/C, AUTO • 75294km
st:32443 • **\$14,950** • bw:\$121***

08 GOLF CITY

LOADED, A/C • 80358km
st:32956-A • **\$9,850** • bw:\$90**

10 KIA FORTE LX

LOADED, A/C, AUTO • 53397km
st:32894 • **\$13,450** • bw:\$109**

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